

# COVID-19

CORONAVIRUS DISEASE



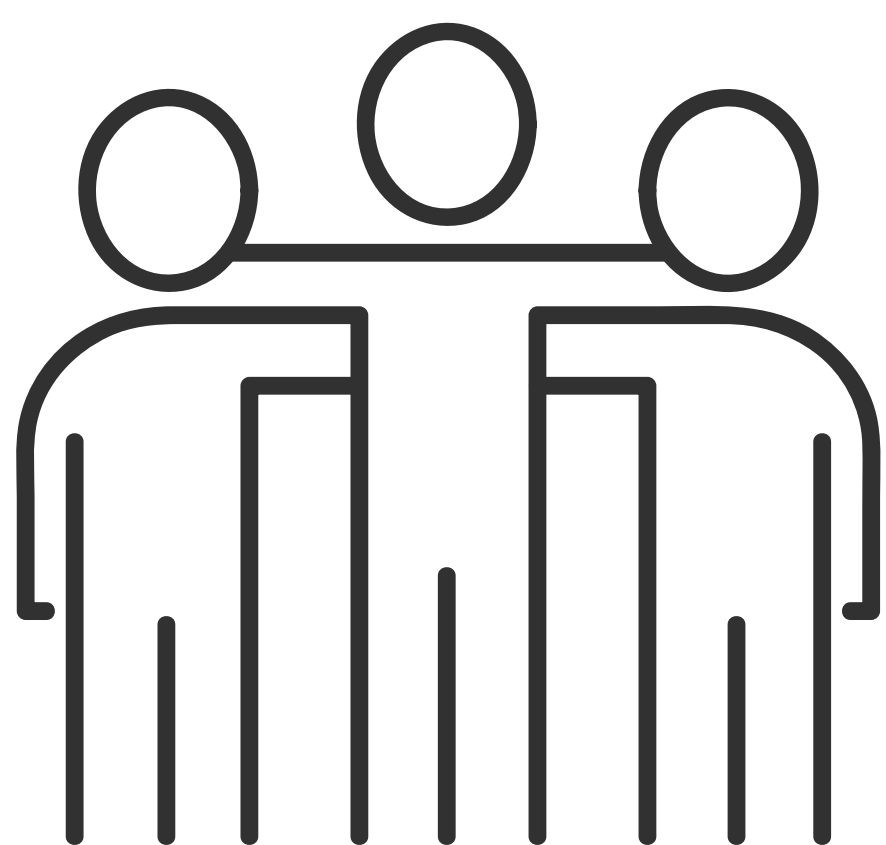
## Protecting yourself and others from getting sick



**Frequently wash your hands**  
with soap and running water

**When coughing and sneezing**  
cover your mouth and nose with  
flexed elbow or tissue

*\*Dispose of in a closed bin immediately*



**Avoid close contact** when you are  
experiencing cough and fever

**Avoid spitting in public**

For more information, please visit the **World Health Organisations** website and follow the advice given