

Simple steps to reduce the risk of **CORONAVIRUS** for yourself and others



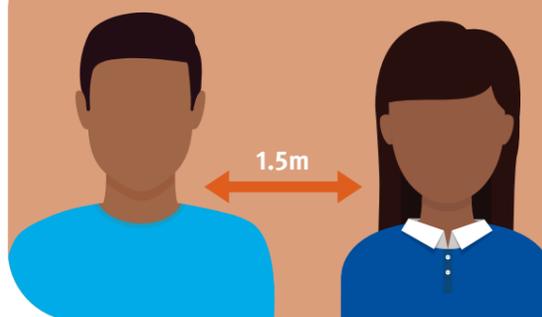
Wash your hands often with soap and water, for at least 20 seconds



Have a plan for your family
make sure you have enough medication and food if you have to stay home in isolation



Cough or sneeze into your elbow or a tissue. Throw the tissue in a bin and wash your hands straight away



Always stay 1.5m apart



Stay at home to help limit the spread of coronavirus



Protect our old people
by keeping our little ones away

Stay calm and do not panic

Most people who get coronavirus will have mild sickness