PROTECT YOURSELF AND OTHERS

STILL IMPORTANT:

- Wash your hands thoroughly.
- Avoid shaking hands.
- Cough and sneeze into a tissue or the crook of your arm.
- Stay at home if you have got a high temperature and a cough.
- Always call ahead before going to the doctor’s or the emergency department.

Keep your distance.

For example:
- Protect the elderly by keeping a safe distance.
- Keep your distance from others in a queue.
- Keep your distance at meetings.

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