

Keep yourself, your family and friends safe from COVID-19

- 1** **STAY HOME** – avoid going out unnecessarily.
- 2** Keep a distance of **at least 1 metre** from another person if you have to go out.
- 3** **Wash your hands regularly** with soap and water for at least 20 seconds.
- 4** **Avoid touching** your eyes, nose and mouth
- 5** **Cover your nose and mouth** with a tissue when coughing or sneezing. **DISCARD IMMEDIATELY.**
- 6** **Observe** the quarantine rules.
- 7** **Do not visit elderly** or **vulnerable** relatives and friends.
- 8** Follow guidance from **health authorities.**
- 9** **DO NOT** spread **fake news.**
- 10** **Take care of your mental health,** **CALL 111** if you find yourself anxious about the current situation. **WE CAN HELP!**

