

Ten tips to protect you and your family from contracting COVID19:

1. **Physical distancing** – this is a crucial public health measure to control this outbreak. Try to avoid going to places where you come in touch with other people – such social distancing will help to decrease spread of the virus. Try to minimise trips out of the home as much as possible except to buy necessities, opt for telework if you can, make use of deliveries. When you do go out, opt for options that don't bring you into contact with others as much as possible, for example, a walk in a quiet area.
2. When you do have to go places where other people are present, as much as possible **keep a distance of two metres from others**. Avoid contact with sick people and those with respiratory symptoms.
3. **Clean: Wash your hands with soap and water for at least 20 seconds or use an alcohol-based disinfectant** as often as possible especially before eating, after using the toilet, when arriving home, and after touching commonly touched surfaces (especially in public spaces).
4. **Avoid touching your eyes, nose and mouth.**
5. **Cover:** When sneezing and coughing use a tissue and dispose of it immediately. **Do not cough or sneeze into bare hands** – if this is unavoidable, wash hands immediately.
6. **Contain: if you are sick (with any illness) STAY AT HOME**, even if your symptoms are mild. **DO NOT GO** to work until 24hrs after symptoms have subsided.
7. If you are in quarantine, **respect the quarantine rules.**
8. **If you are elderly or vulnerable, stay at home. If you have elderly or vulnerable relatives, don't visit them.** Instead offer them support by taking groceries to them or other necessities or helping them to organise deliveries.

9. **Follow guidance from health authorities.** Keep up to date and refer to reliable sources of information. **Avoid spreading misinformation and 'fake news'** which only serves to cause panic and create further challenges for healthcare services.

10. **Take care of your mental health** as the current situation can provoke anxiety or distress. Be aware that psychological support is available for those who need it via the **1770 helpline**.

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