

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

- 1** **STAY SAFE** – avoid going out unnecessarily.
- 2** Keep a distance of **at least 2 metres** 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** **DO NOT** spread **fake news.**
- 7** Wear a face mask or visor when outside your residence both when going to an indoor place and outdoors.
- 8** Follow guidance from **health authorities.**
- 9** **CALL 111** if you develop any symptoms.
- 10** Take care of your mental health, **CALL 1770** if you feel anxious about the current situation. ***WE CAN HELP!***

