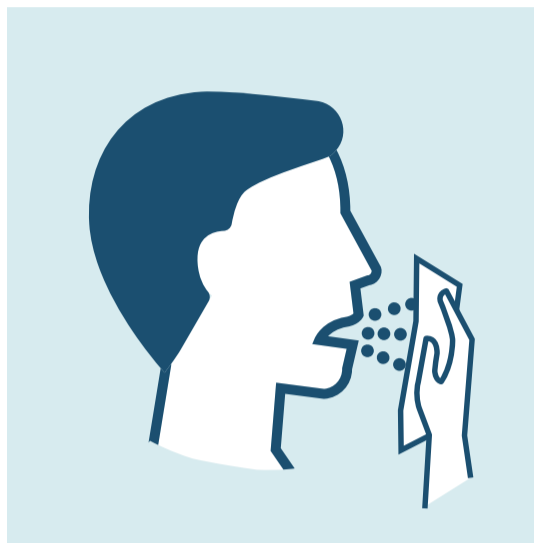


Stop the spread of COVID-19



Wash your hands regularly with soap and water for at least 20 seconds, or with an alcohol-based hand rub



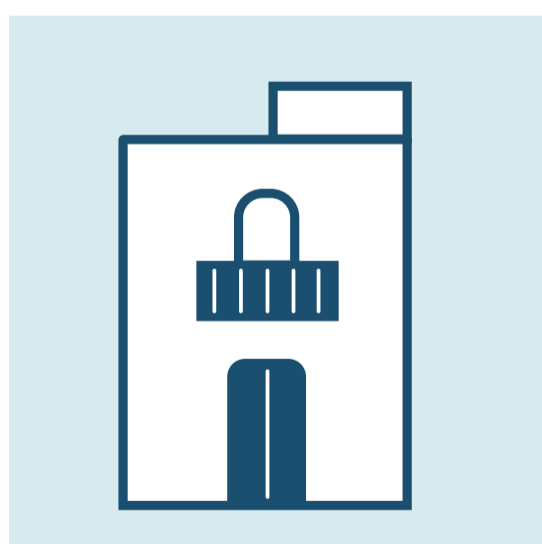
Cover your nose and mouth with a tissue or flexed elbow when you cough or sneeze. Dispose of used tissues immediately



Avoid touching your eyes, nose and mouth



Clean regularly and disinfect frequently touched items



Stay home



Avoid close contact with people who are sick

 **COVID-19
HELPLINE 111**