

How to protect yourself against the COVID-19 Coronavirus



- Be mindful of hygiene. Regularly and thoroughly wash your hands with soap and water and use hand sanitiser. Avoid touching your eyes, nose and mouth.



- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze, especially if you have cold like symptoms.



- Avoid close contact with individuals who are coughing or have cold/flu like symptoms.



- Be mindful of hygiene when you are using things such as public touchscreens, handrails, elevator buttons, card machines and doorknobs.



- Say hello with a smile rather than a handshake or a hug.



- Cook meat and eggs well.



- Avoid contact with stray animals in market areas.

