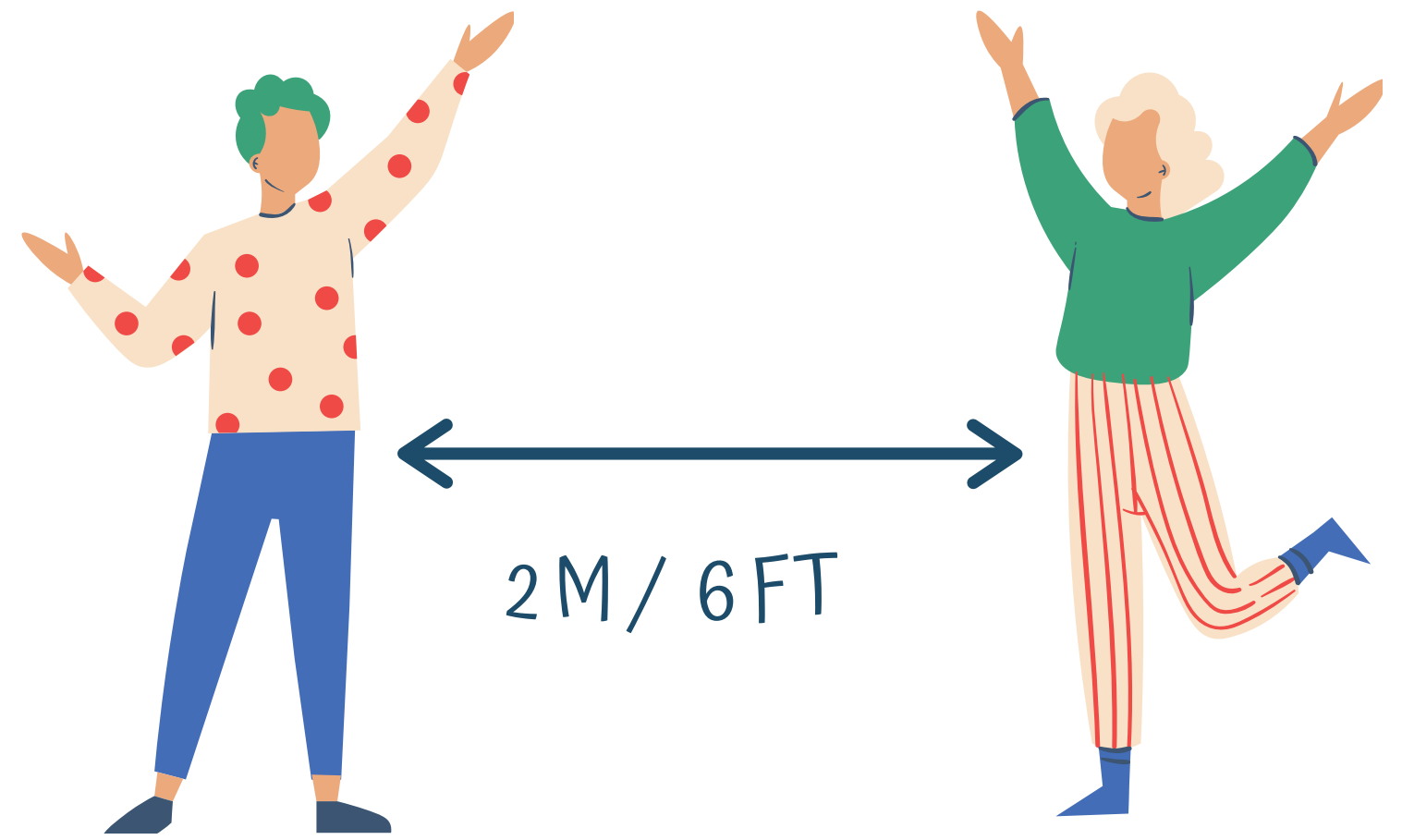


# STOP THE SPREAD



## WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



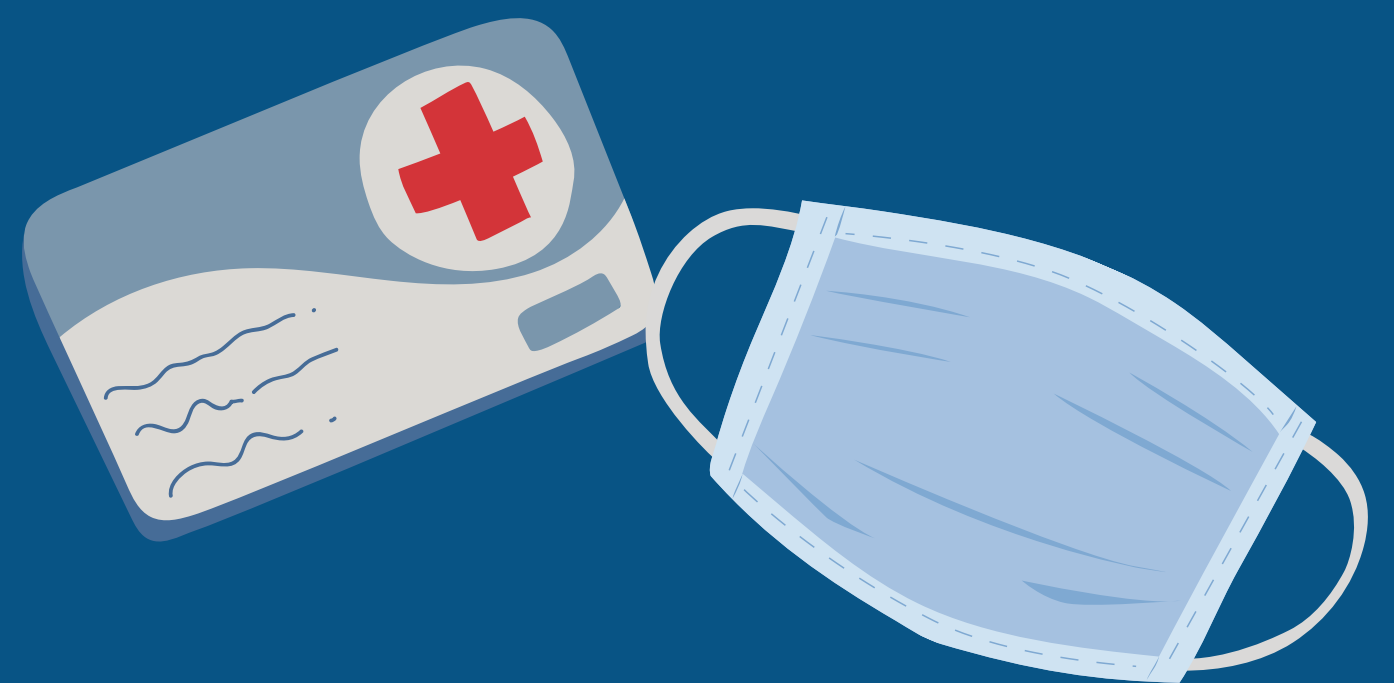
## MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.



## AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



## IF YOU HAVE ANY SYMPTOMS

Stay home if you feel unwell.  
If you do seek medical attention