


The coronavirus is spread between people when they cough or sneeze as germs are carried by droplets. They can end up on your hands, other people and surfaces around you.



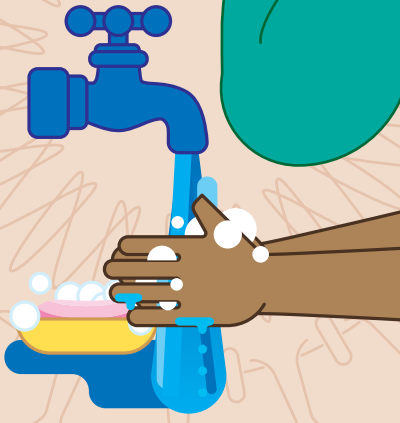
## To avoid spreading the germs:

Use a tissue when you cough and sneeze

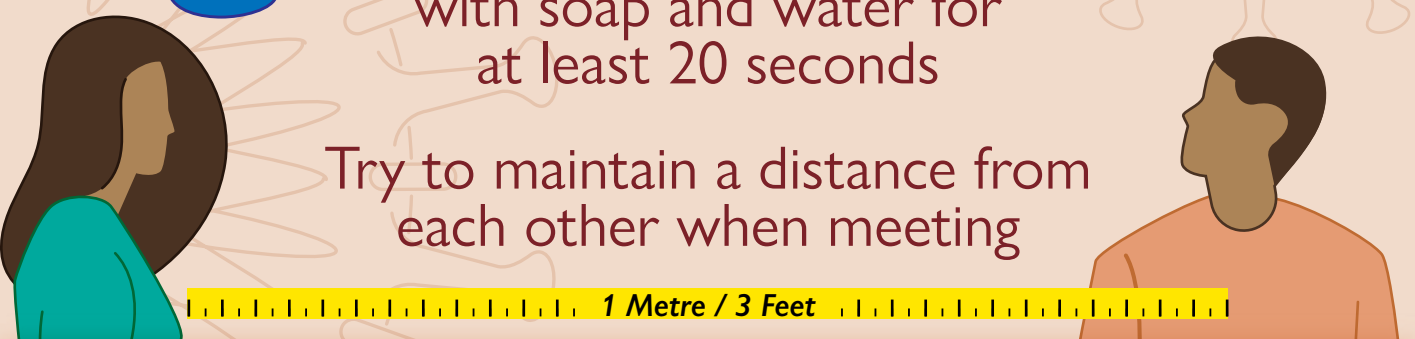


Put the tissue into a covered bin straight away

If you don't have a tissue sneeze into your elbow



Frequently wash your hands with soap and water for at least 20 seconds



Try to maintain a distance from each other when meeting



1 Metre / 3 Feet

# WASH YOUR HANDS STAY HEALTHY