



STOP THE SPREAD.



WASH YOUR HANDS.

Use warm water and soap and rub your hands for at least 20 seconds.

Rewash after coughing, sneezing, before and after eating and after toilet use.



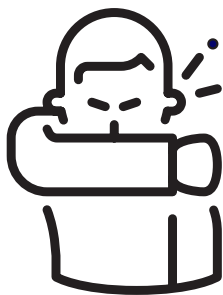
DISINFECT SURFACES.

Wipe down your desk, phone, laptop and anything else you use regularly.



USE HAND SANITISER.

Use an alcohol based hand rub frequently during the day when your hands are not visibly dirty.



COVER UP.

Use a tissue or sneeze into your elbow. Wash your hands carefully after you sneeze or cough, regardless.



PROTECT OTHERS.

If you are sick, stay at home. Even if it is just a cold.



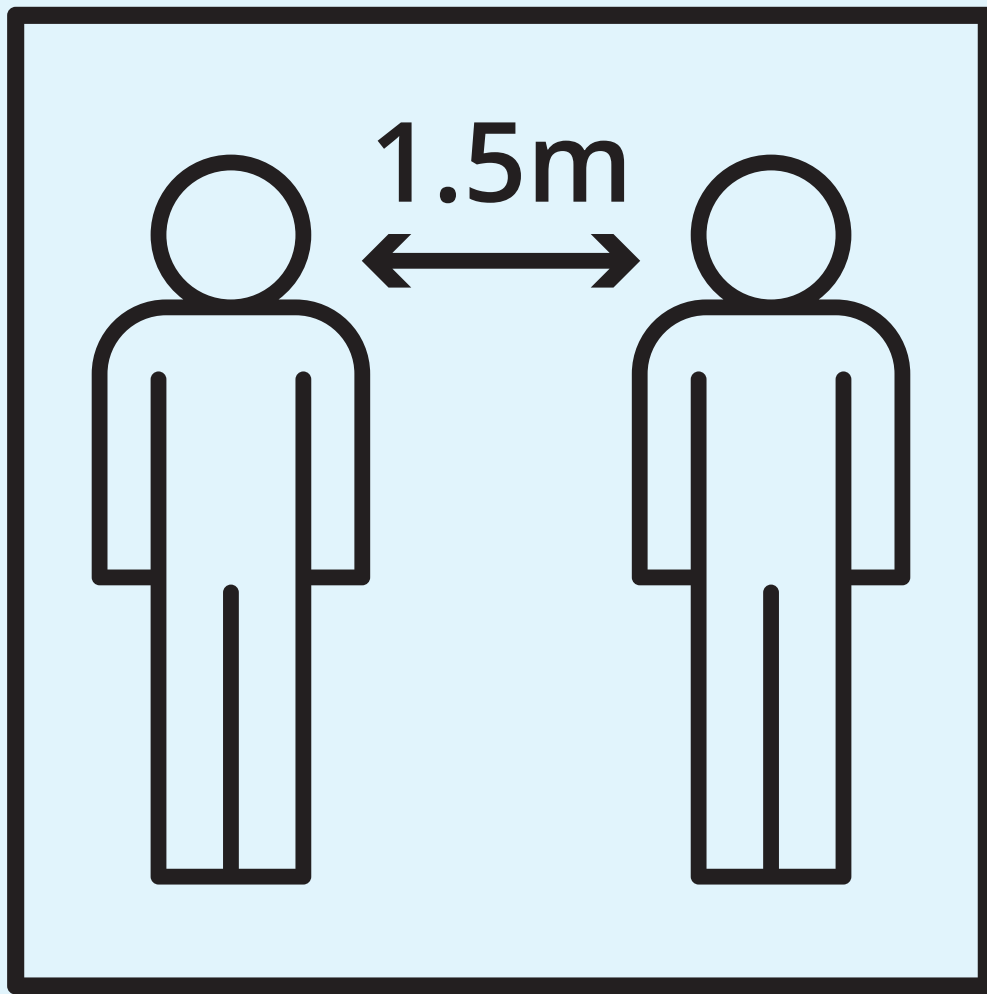
SEE A GP.

If you have a fever, cough and/or difficulty breathing seek medical advice early.



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REDUCE YOUR RISK. STAY SAFE.



Practise social distancing
and avoid physical contact
with others.

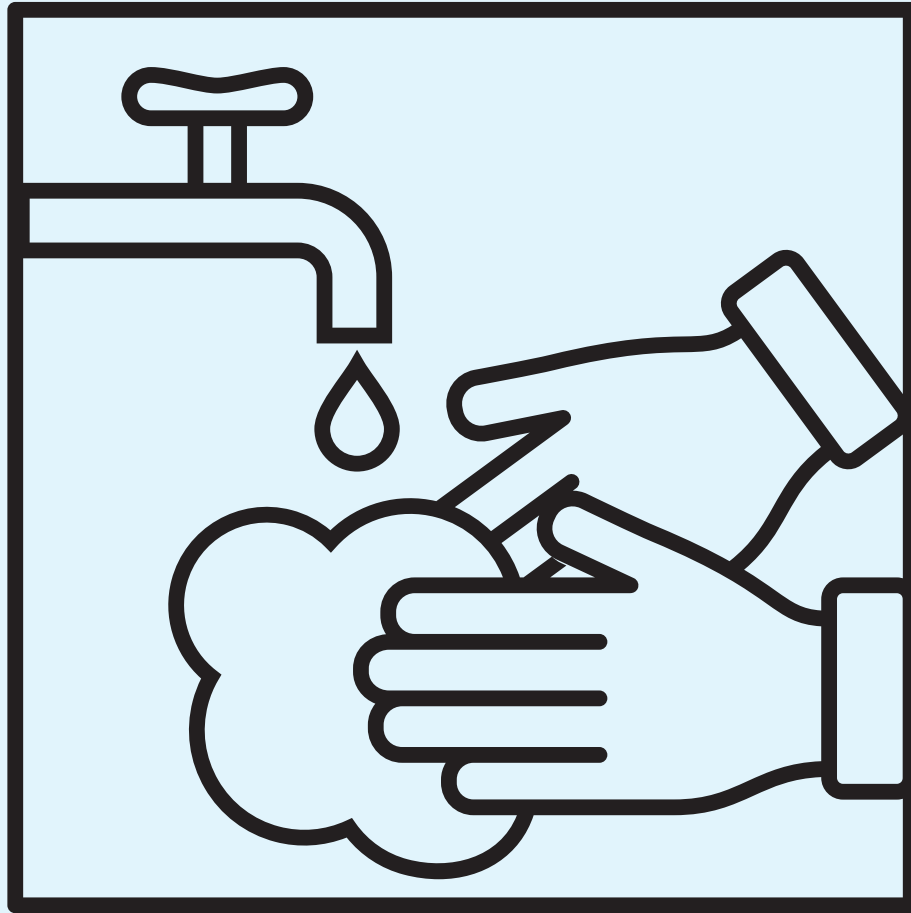


If you are unwell, stay home.



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REDUCE YOUR RISK. STAY SAFE.



Wash your hands frequently
throughout the day.



If you are unwell, stay home.



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