## 

**Wash hands** often with warm water and soap for at least 20 seconds. **Use Hand Sanitiser.** 

Keep hands away from mouth, nose or eyes to avoid transferring germs.

**Clean and disinfect** frequently used surfaces like desks, light switches, door knobs and remotes.

**Cover coughs and sneezes** with a tissue, throw the tissue away and **wash your hands.** 

If you feel unwell, stay at home and avoid close contact with others.

**Please respect others** personal space and **keep your distance** where possible.