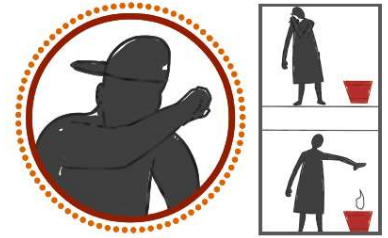




Keep our mob safe

Cover coughs and sneezes

Use your inner elbow or a tissue.
Throw tissues in the bin and wash your hands afterwards.



Clean surfaces you share

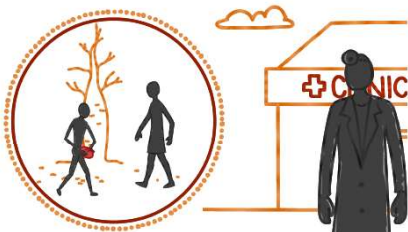
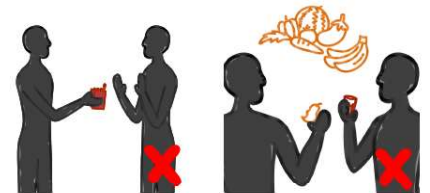
People with COVID can spread it to things they cough on or touch (if they haven't washed their hands).

Spray and wipe surfaces such as door handles, TV remotes, benches, phones and taps often.

Don't share some things

Don't share things like food, smokes, drink bottles, pillows and towels.

People with COVID can spread it to things they cough on or touch (if they haven't washed their hands).



Stay strong, stay healthy

Eat healthy food, exercise and keep your regular health appointments.