



# Wash hands often



**Wash your hands with soap and water, or use hand sanitiser.**

Do this after you cough, sneeze, blow your nose, go to the toilet and before you eat.



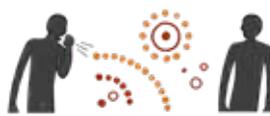
**Get vaccinated**



**Call the clinic if you're sick**



**Wash your hands**



Two big steps (1.5m)

**Keep your distance**



**Cover coughs and sneezes**



**Clean shared surfaces**