



THE SPREAD



WASH HANDS

WASH HANDS WITH SOAP REGULARLY
FOR AT LEAST 20 SECONDS



CATCH YOUR COUGH

USE A TISSUE TO CATCH IT, THEN BIN IT
TO KILL IT



DON'T TOUCH YOUR FACE

TO HELP PREVENT SPREADING GERMS



KEEP YOUR DISTANCE

STAY 2 METRES APART AND KEEP YOUR
DISTANCE

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