

# Prevent the Spread of Infections



**Cough or sneeze into your elbow or a tissue.**

**Throw away used tissues immediately.**

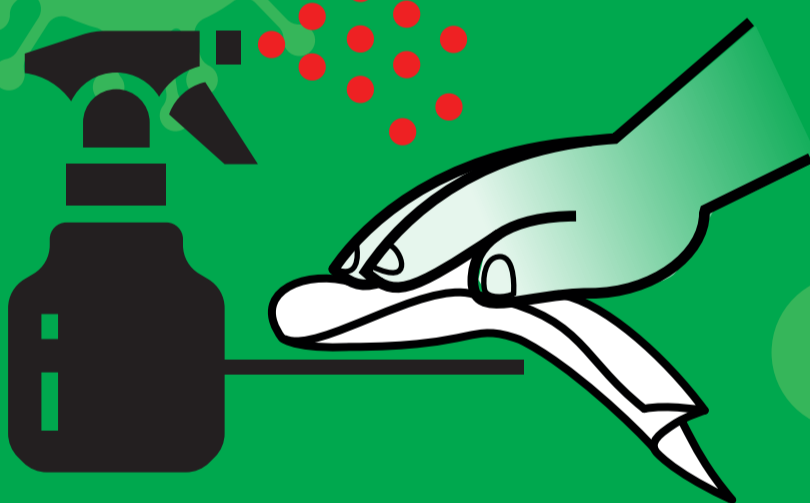


**Don't touch your eyes, nose or mouth.**



**Wash your hands frequently with soap and water for at least 20 seconds,**

**especially after being in public, blowing your nose, coughing or sneezing.**



**Clean and disinfect frequently touched surfaces,**

**especially when someone is sick.**



**Keep at least 2 metres from others,**

**whenever possible.**



**Avoid close contact, such as shaking hands.**

**Find a way to greet that doesn't involve touching.**



**Stay home if you are sick.**