



**The best
5 things
you can do
now to stop
the spread**

Stop the Spread!

Turn down invitations to hang out! With everything that is going on with COVID-19 it is not a good idea to socially mingle.

- Do not travel



Unless necessary.
Because of the high
number and diversity
of people there, the risk
of exposure at airports
is relatively high

1-5

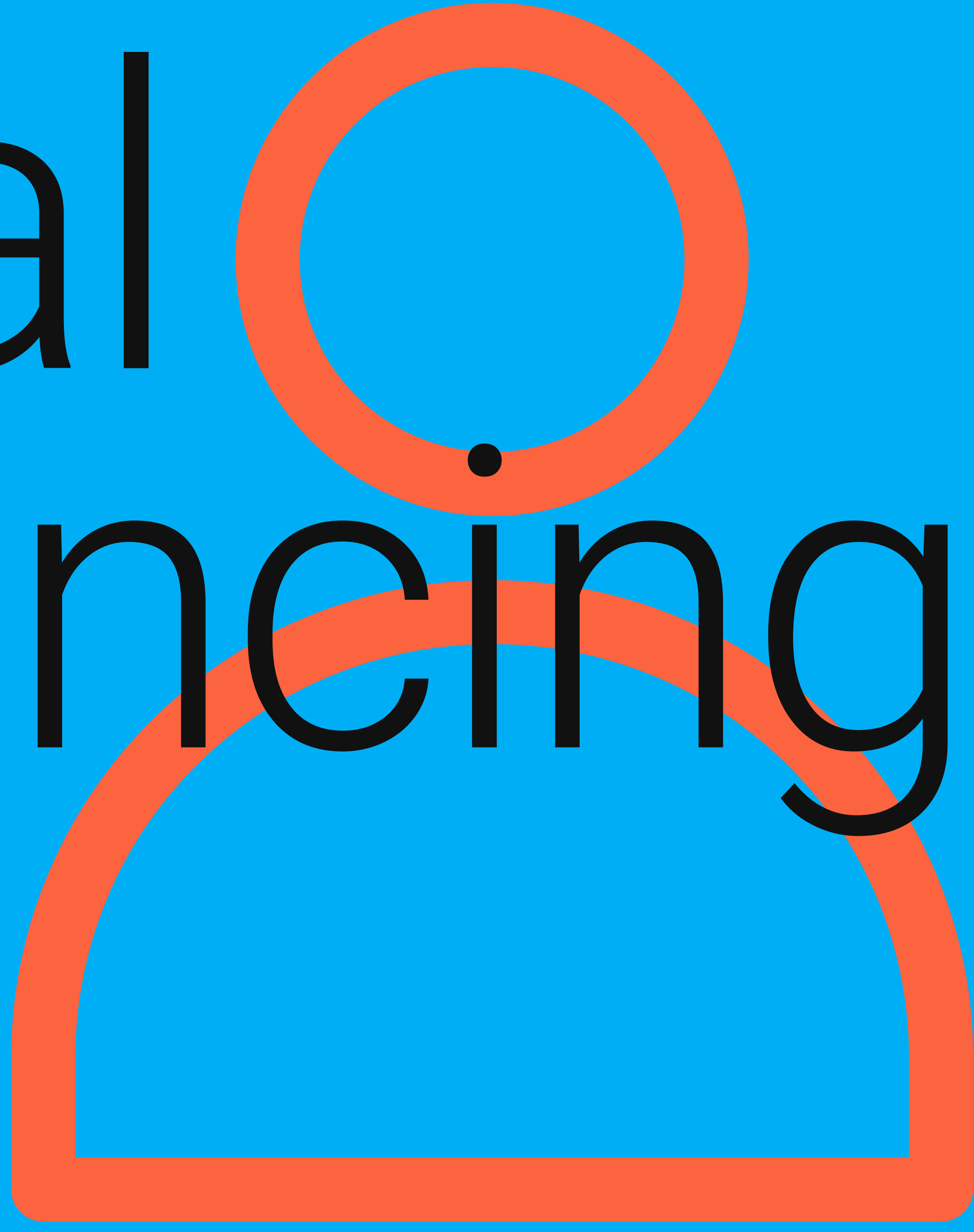
- Stay at home



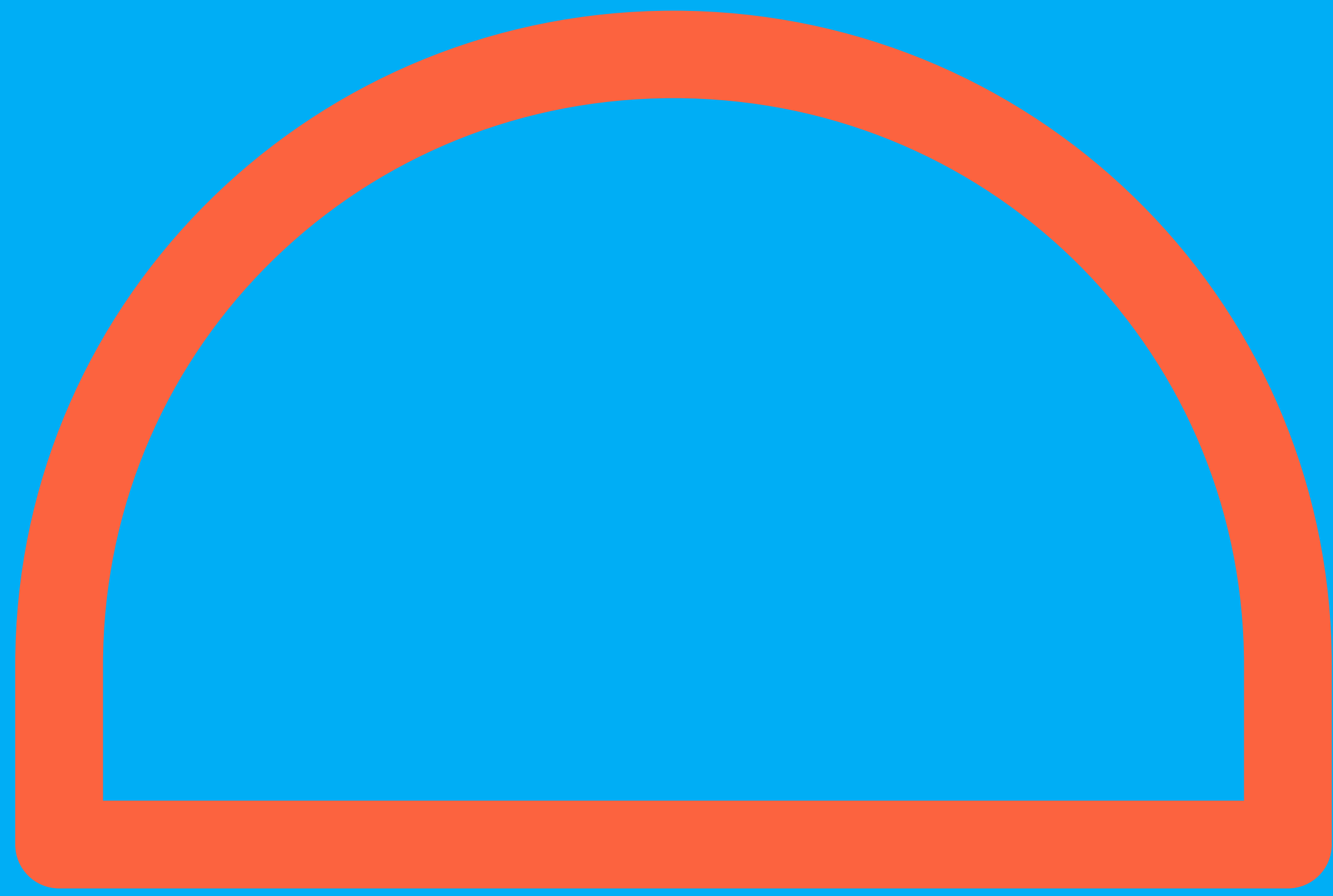
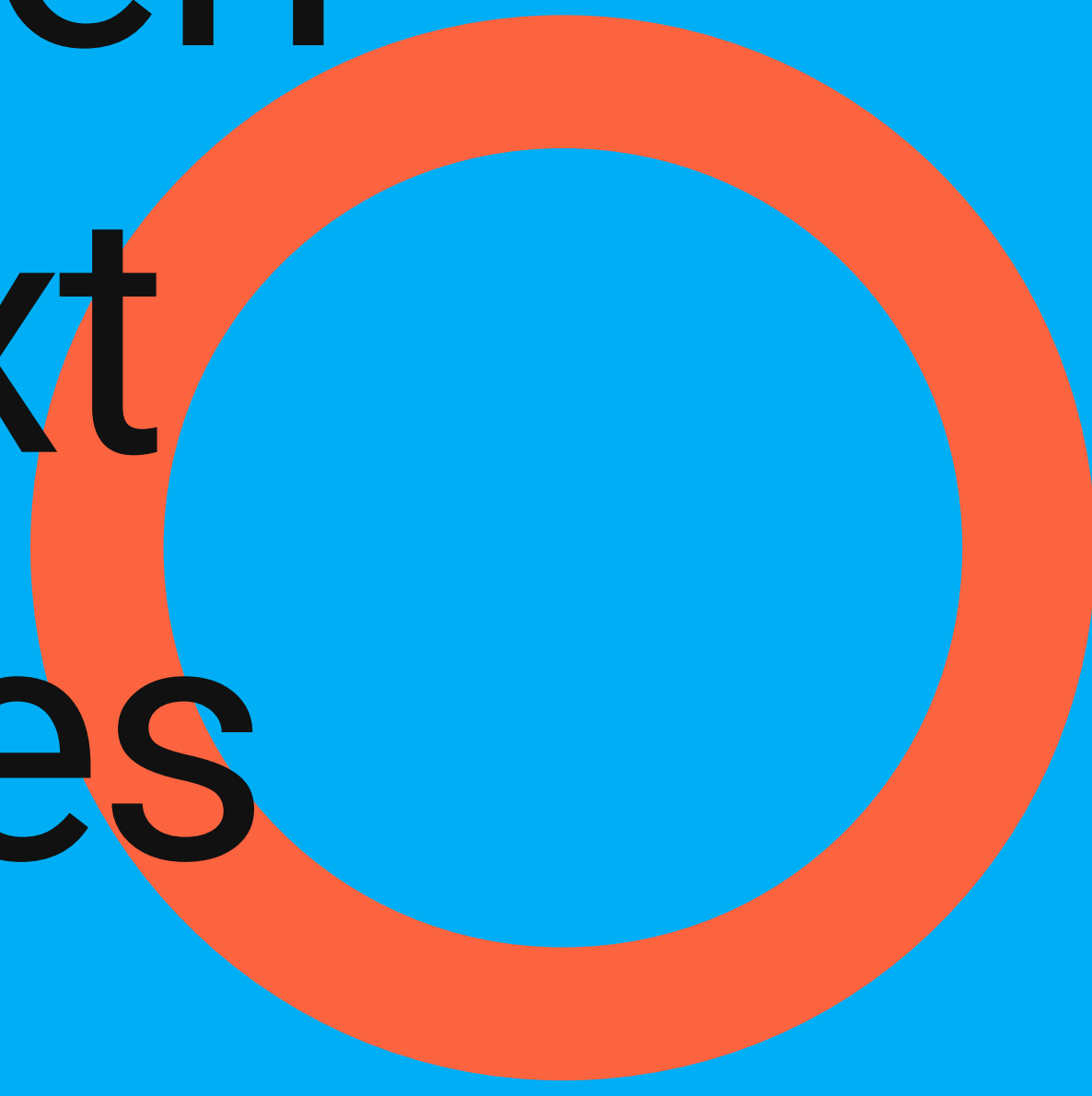
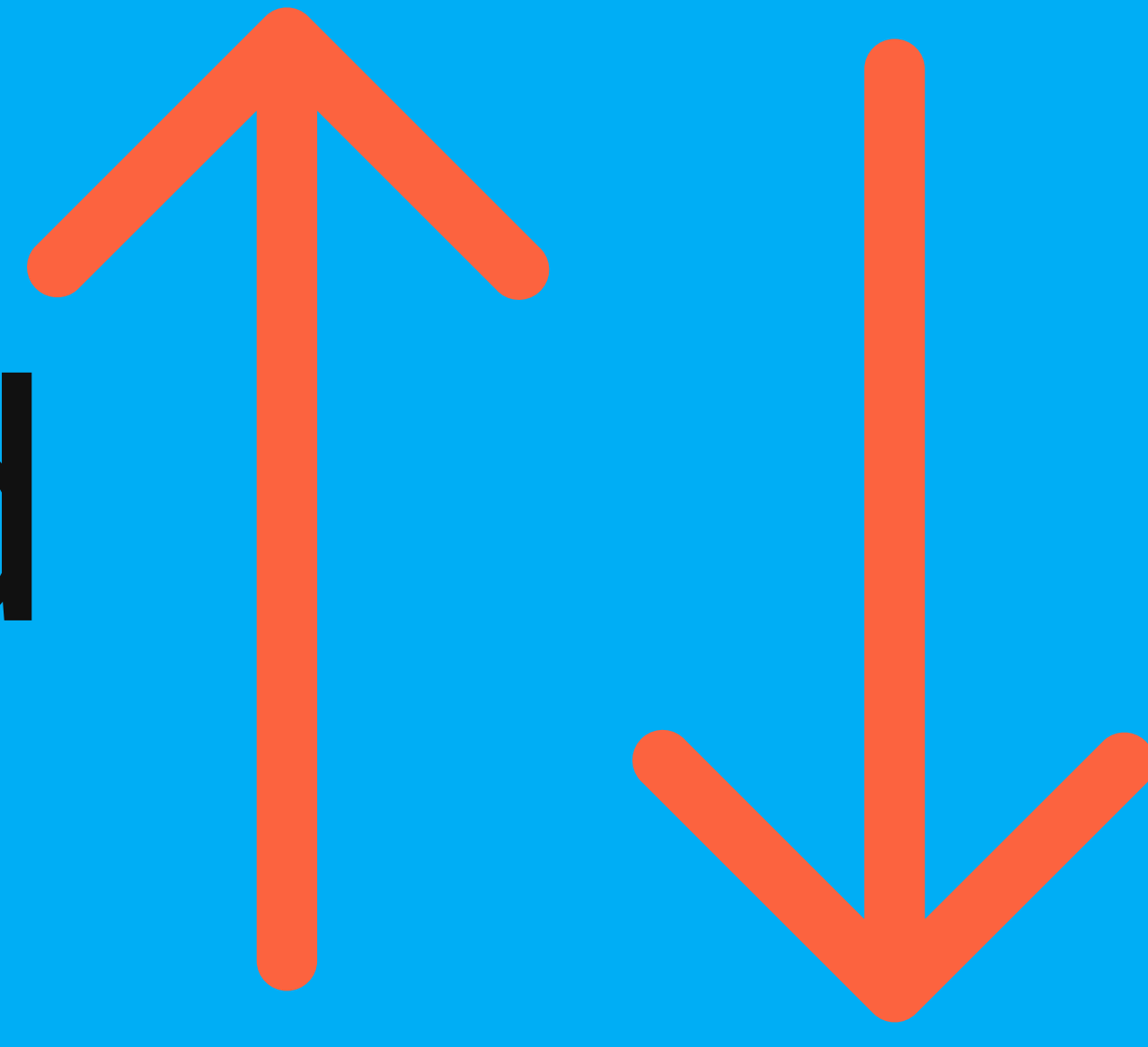
And limit your outings. The less people you see, the less the likelihood of catching or passing the virus.

2-5

- Practice social distancing



Stay away from crowds and gatherings, and keep a 1 metre distance between you and the next person in queues



3-5

- Wash your hands



With lots of soap
and water rubbing
them while
counting up to 20 v
ery sloww wly

4-5

- Cover
your
cough
and
sneeze



Cover your mouth
with a tissue or
with the inside of
your elbow

5-5