PREVENT THE SPREAD OF CORONA VIRUS











WASH YOUR HANDS FREQUENTLY

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



AVOID CLOSE CONTACT & LARGE GATHERINGS

Avoid close contact with people and avoid gatherings of many people by all means.



ALWAYS COVER YOUR MOUTH & NOSE

Always cover your mouth and nose whenever you are sneezing or coughing.



AVOID TOUCHING EYES MOUTH & NOSE

Avoid touching your eyes, nose, and mouth with unwashed hands.

IF YOU NEED TO REACH OUT

CALL 0800COVID19 0700COVID19 07001COVID19

STAY SAFE!