

HOW TO PREVENT THE SPREAD OF COVID-19



REDUCE CONTACT

NO HUGS OR HANDSHAKES, SO SMILE MORE

COVID-19 is spread through coughing, sneezing, close contact and by touching infected surfaces. Let's minimise these opportunities for infection by stopping hugs, high-fives and handshakes but smiling more!

WASH YOUR HANDS A LOT

- WITH SOAP
- AT LEAST 3 TIMES A DAY
- BEFORE AND AFTER EATING

The most likely way the virus can enter your system is through touching your own face after contact with an infected person or surface - so don't let that happen!



COUGHING? GO HOME

NO EXCEPTIONS!

If you are coughing or sneezing at work, go home immediately and work from there or recover. Just be sure to communicate your situation clearly!



STAY HEALTHY

- GET 8 HOURS OF SLEEP
- EXERCISE
- DON'T TOUCH YOUR FACE

The virus is hardest on those with weak immune systems, so do what you can NOW to bolster your general health.

