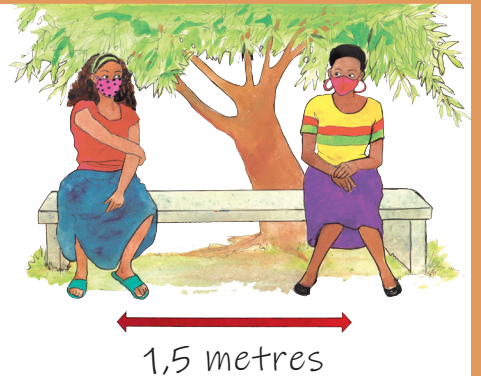


CORONAVIRUS

Let's STOP the spread

Why must we keep apart from each other?

- When a person with coronavirus coughs or sneezes, they leave the virus on surfaces and in the air.
- You may catch coronavirus if:
 - You touch these surfaces and then touch your face, eyes, nose or mouth or
 - You have close contact (1,5 metres) with a person who has coronavirus.



Keep apart from others, to allow less chance for coronavirus to spread.

- This will help protect those at risk of severe COVID-19, those over 60 years or with HIV, TB, diabetes, hypertension, cancer, heart or lung problems.
- It will also mean less stress on our healthcare system so that those who need healthcare can still get it.

How do we keep apart from each other?

Stay home.

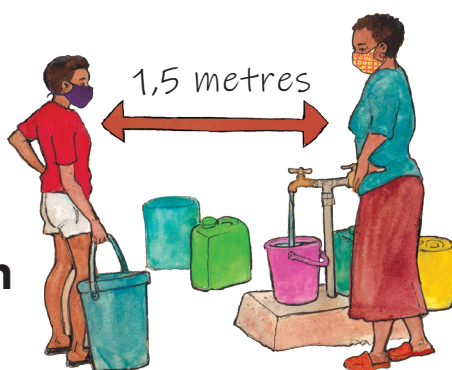


Only go shopping if you have to for food or medications.



Avoid public spaces and public transport if possible.

Keep at least 1,5 metres apart from people.



Do not shake hands, hug or kiss anyone outside those in your home.



Cancel your social plans: no parties, sports events, meetings or group religious activities.



Show care for your community while keeping apart.

Hotlines:

0800 029 999 or 021 928 4102 or 0800 111 132