

# How to Prevent



## Stop

shaking hands or hugging when saying hello or greeting other people



## Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



## Wash

your hands well and more often to avoid contamination



## Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



## Avoid

touching eyes, nose or mouth with unwashed hands



## Clean

and disinfect frequently touched objects and surfaces