WIN OVER CORONAVIRUS

- WASH YOUR HANDS FREQUENTLY AND THOROUGHLY WITH SOAP AND WATER FOR AT LEAST 20 SECONDS
- AVOID TOUCHING EYES, NOSE AND MOUTH
- WEAR A FACE MASK OR COVER YOUR MOUTH WHILE SNEEZING AND COUGHING
- AVOID TOUCHING “HIGH - TOUCH” SURFACES
- CLEAN ALL “HIGH TOUCH” SURFACES DAILY
- AVOID PUBLIC GATHERING
- AVOID UNNECESSARY TRAVEL
- MAINTAIN 1 METRE (3 FEET) DISTANCE BETWEEN YOURSELF AND OTHERS
- AVOID SHARING PERSONAL ITEMS FOOD, UTENSILS ETC
- AVOID EATING OUTSIDE
- MONITOR YOUR SYMPTOMS
- SEEK MEDICAL ADVICE IF YOU EXPERIENCE SYMPTOMS