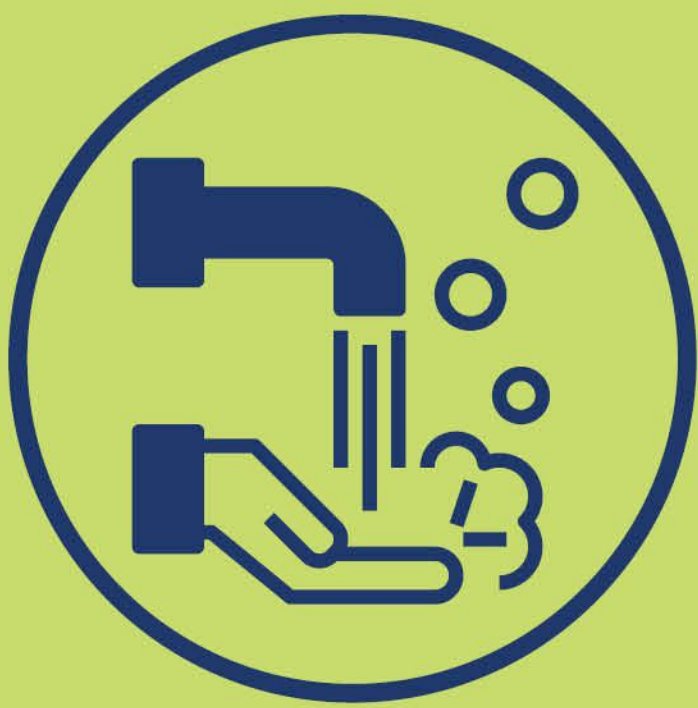


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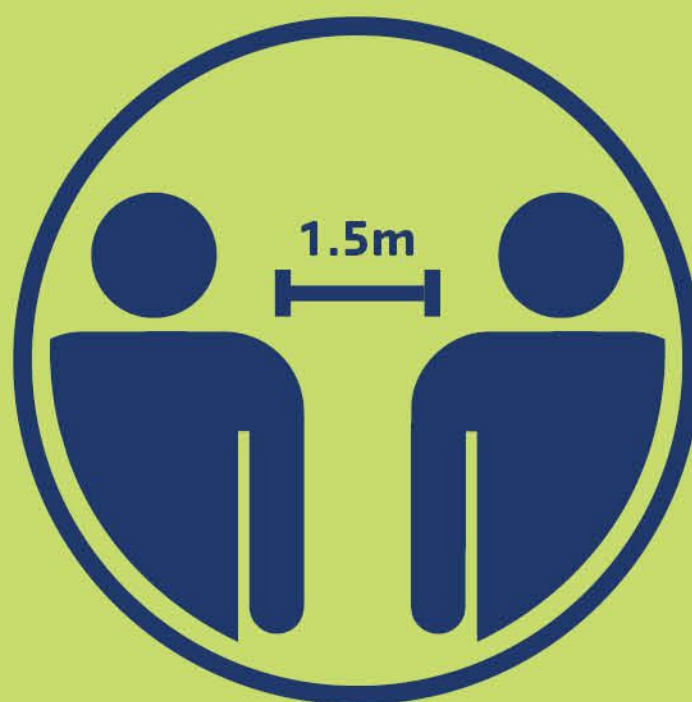
# HEALTHY HYGIENE HABITS



Wash your hands regularly for at least 20 seconds with soap and water or an alcohol-based gel. Dry your hands thoroughly with paper towels or a hand dryer.



Cover your mouth/nose when you cough or sneeze using a tissue or flexed elbow. Place used tissues in a bin. Avoid touching your mouth, eyes and nose.



Avoid close contact with anyone that has cold or flu-like symptoms (keep a distance of at least 1.5 metres).

Coronavirus Health Information  
Hotline **1800 300 243**