

# Covid-19. Stop the spread

How can you try to stay well  
and avoid spreading the virus?



**Wash hands frequently** with soap  
and water or use a sanitiser gel



Work at home where possible  
and **avoid social venues**



Catch coughs and sneezes  
**and throw away used tissues**



If you don't have a tissue  
**use your sleeve**



**Avoid touching your eyes, nose  
and mouth with unwashed hands**



**Avoid close contact with  
people who are unwell**