

## HELP STOP THE SPREAD OF CORONAVIRUS



## STAY HOME IF YOU ARE SICK

Follow recommended guidelines

2WASH YOUR HANDS

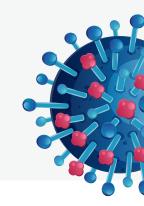
For at least 20 seconds





It's not too late, and it's been shown to help reduce the symptoms







## COVER YOUR COUGH

Ideally in a tissue, or in your elbow

