

COVID-19

Things we can all do



MEDHEALTH

Here are the best tips on avoiding viruses such as the Coronavirus (COVID-19)



WASH YOUR HANDS

keep your hands as clean as possible, through washing with soap and water or an alcohol-based hand sanitiser.



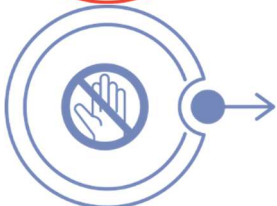
AVOID CLOSE CONTACT

with people who are sick. If you are sick, keep your distance from others to protect them from getting sick too.



COVER YOUR MOUTH AND NOSE

with a tissue when coughing or sneezing.



AVOID TOUCHING YOUR EYES, NOSE OR MOUTH



CLEAN AND DISINFECT SURFACES

at home, work or school, especially when someone is sick.

Please let our team know immediately if you have a **fever** with a **cough**, **sore throat** or **shortness of breath**.