

# PROTECT YOURSELF AND OTHERS FROM THE **CORONAVIRUS**



## **WASH YOUR HANDS**

frequently for at least 20 seconds



## **KEEP SOME DISTANCE**

from people who are sick



## **COVER YOUR MOUTH AND NOSE**

when coughing and sneezing



## **AVOID SPITTING**

in public



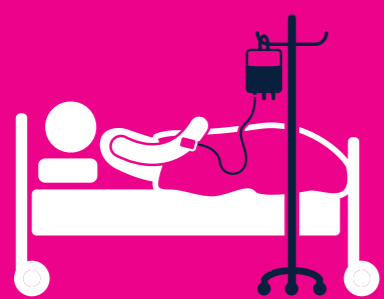
## **CLEAN AND DISINFECT**

frequently touched objects and surfaces



## **AVOID TOUCHING**

your face



## **SEEK MEDICAL ATTENTION**

if you have a fever, cough and difficulty breathing

This is for information and educational purposes only. Always consult a medical professional before making any decision that would affect your physical health. The information set out is correct at the time viewed.

For more information about the Coronavirus disease (COVID-19), please contact:

📞 Department of Health: **060 012 3456**

📠 National Institute for Communicable Diseases (toll-free number): **0800 029 999**

🌐 World Health Organisation: **[www.who.int](http://www.who.int)**



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