

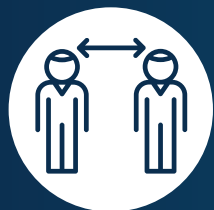


How can I help prevent the spread of COVID-19?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:



wash your hands often with soap and water before and after eating as well as after attending the toilet



avoid contact with others (including touching, kissing, hugging, and other intimate contact)



cough and sneeze into your elbow, avoid touching your face



if you are asked to wear a surgical face mask, after putting it on to cover your nose and mouth, do not touch the front of the mask and remove it using the ear loops or head straps. Dispose of the used mask into a waste bin and perform hand hygiene with soap and water or alcohol hand rub



Ramsay
Health Care