

SIMPLE TIPS FOR PREVENTING THE SPREAD OF COVID-19



Practice 1 metre physical distancing between you and others, as much as possible



Wash your hands often and thoroughly with soap and water, then dry



Clean high touch surfaces and objects such as door handles, phones, mouse, drawers, desk, keyboard at the end of each day with disinfectant



If you're sick, stay home



Keep a track of where you've been and who you've seen

Use a disinfectant that is anti-viral and follow instructions. More info at www.covid19.govt.nz/covid-19/how-were-uniting/cleaning-surfaces

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