

# 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, computers, 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](http://www.covid19.govt.nz/covid-19/how-were-uniting/cleaning-surfaces)

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This poster has been adapted from Dr Morgan Edwards, ASMS member ([www.asms.org.nz](http://www.asms.org.nz)) for essential workers. Information collected from Worksafe, MBIE and Ministry of Health.

**Regional Public Health**

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