



STOPTHE SPREAD:

Even though we are in this together, we need to stay apart



Avoid public places and crowded areas



Keep a distance of 1.5 to 2 metres from other people where possible



If you can't keep a social distance, make sure that you wear a mask



Wash your hands
with soap and
water if you come
into close contact
with other people
or places

Social distancing at work, and in your community, can reduce the spread of the virus

