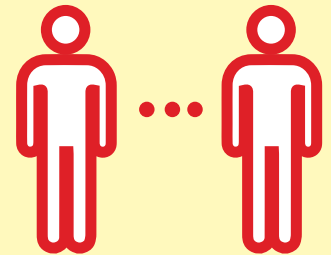


# Break the Chain of Transmission of COVID-19



**STAY HOME  
& PRACTICE**



**PHYSICAL DISTANCING**

**DON'T PUT YOURSELF AND OTHERS AT RISK  
– KEEP AT LEAST 2 METRES DISTANCE**

## PROTECT YOURSELF & OTHERS:



Do not use playgrounds, fitness equipment, basketball courts, sports fields and benches – they are not sanitized



Increase cleaning and disinfection of high-touch surfaces



Sneeze and cough into your sleeve



Wash your hands with soap & water and/or use alcohol-based hand sanitizer frequently



Avoid shaking hands with others



Avoid touching your eyes, nose or mouth



Call seniors and vulnerable populations to make sure they're ok