

PRECAUTIONS TO TAKE

FOR SEASONAL INFLUENZA OR THE NOVEL CORONAVIRUS 2019 (COVID-19)



**Wear a face
covering in
public**



**Thoroughly
clean all
common
areas**



**Wash hands
frequently
with soap**



**Practice
Social
Distancing**



**Cover your
mouth with
tissue or elbow
when coughing
or sneezing**



**Call your
doctor if
you are
unwell**



**Observe good
personal
hygiene at all
times**

**REMAIN VIGILANT AND
ADOPT GOOD PERSONAL
HYGIENE PRACTICES.**