

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.**