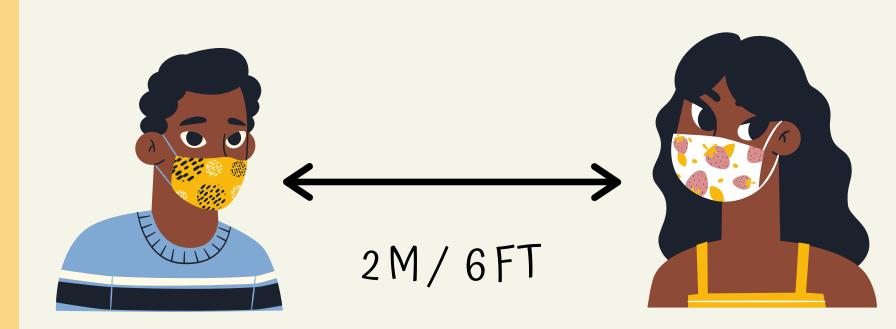
# HELP STOP THE SPREAD OF COVID-19



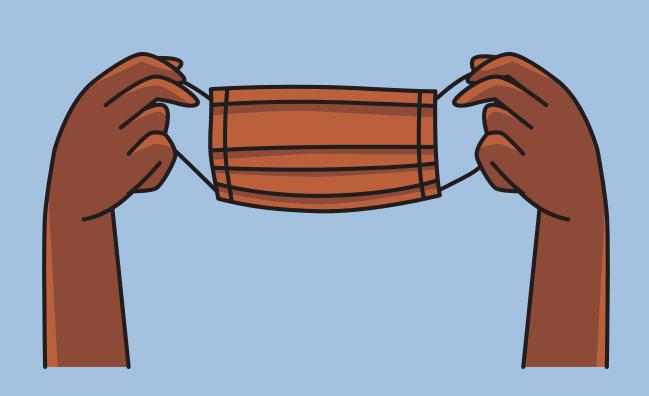
#### WASH YOUR HANDS FREQUENTLY

Regularly wash hands with soap and water especially before touching your eyes, nose, mouth or face.



### MAINTAIN PHYSICAL DISTANCING

Put at least 2 meters (6 feet) distance between yourself and anyone outside of your immediate family at all times.



## WEAR A FACE COVERING

Place a mask or face covering over you mouth and nose when interacting with others, especially out in public places.



#### TRY TO STAY HOME

If you have any symptoms of COVID-19 do your best to limit interactions with others by staying home and seek medical care if possible.

