

How to prevent the spread of the COVID-19 virus

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1 Washing hands

Frequently wash your hands or use hand sanitiser gel.



2 Coughing and sneezing

If you need to cough or sneeze, do so into a tissue or your elbow.



3 Tissues

Use paper tissues and dispose of them immediately after use.



4 Shaking hands

It is better not to shake other people's hands.

