



Stay healthy!

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Wash your hands well
especially after sneezing/coughing



Use soap and
running water
for 20 seconds



Dry your hands
thoroughly on the towel
provided or air dryer
for 20 seconds



Sneeze or cough into
your elbow or a tissue –
not your hand.



Dispose of the tissue
in the rubbish bin or
in a plastic bag

**Avoid close contact
with anyone who has
fever and a cough**

and stay at home if you have either

If you have concerns about your health, you can call
Healthline 0800 611 116 – it's free.