HARMONY

CURB THE SPREAD OF CORONAVIRUS

In light of coronavirus (also called COVID-19) being declared a global pandemic by the World Health Organisation, here are seven simple steps to prevent yourself and others from the virus.

1 Wash your hands regularly with soap and water, or use a hand sanitiser

Avoid touching your eyes, mouth and nose **2**

3 Cough into the bend of your elbow or into a tissue

Avoid crowded places, parties, sports and religious gatherings **4**

5 If you suspect you have coronavirus:
- ① Stay home
- ② Call 0800 029 999
- ③ Inform your supervisor/HR
- ④ If you can't visit your hub, inform the clerk of your suspicions.

If you have a fever, dry cough or trouble breathing, phone a medical professional **6**

7 Stay up to date with the latest news around coronavirus

NEWS

For more information, contact the toll free number from the NICD - 0800 029 999