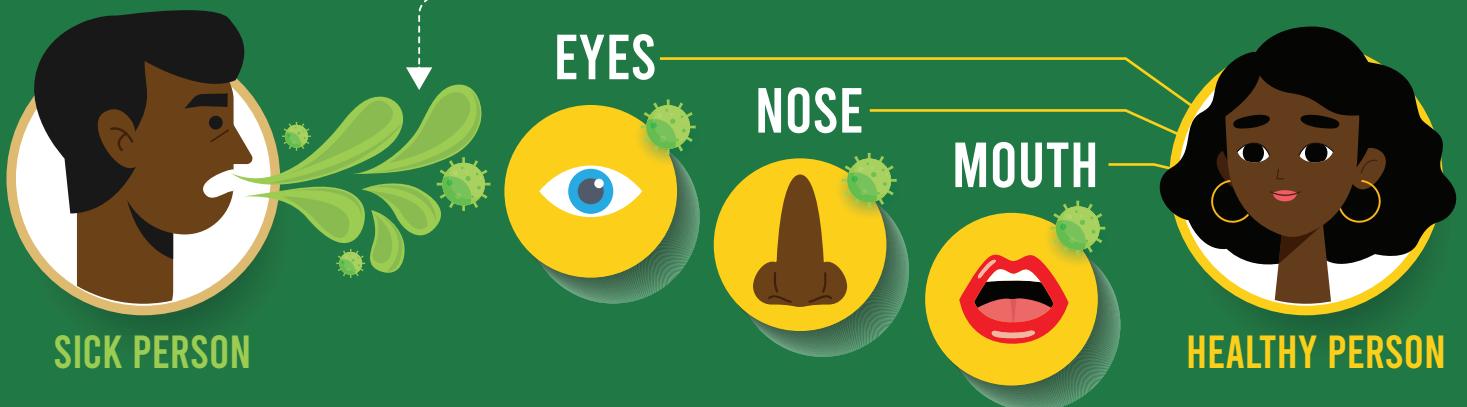


THERE'S ONLY ONE THING YOU NEED TO UNDERSTAND ABOUT HOW A COVID-19 CORONAVIRUS SPREADS

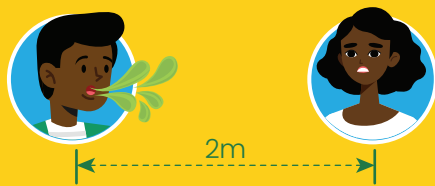
Covid-19 is a new illness that can affect your lungs and airways – caused by a virus called the Coronavirus. Transmission is via respiratory droplets.

The virus spreads when these droplets get into your:



So if you see someone who is visibly coughing / sneezing / sick, you can choose to:

1. Keep your distance.



(1.5m – 2m will keep you safe from large droplets.)

2. Avoid crowds



(People who are infected can show no symptoms, but are still infectious.)

How to avoid infection
[CLICK HERE](#)

Sometimes a sick person's saliva can get on other things...



hands Doors Devices Mouse Cups pens Handrails utensils

And if you touch any of these things by accident, and then touch your face, rub your eyes or your loved ones face, you might all fall sick.

- Do not visit any correctional service centres for 30 days
- Have your supplies delivered to your home instead of going out to malls and supermarkets or running errands
- If you have to go grocery shopping, go when it's not busy or packed
- Do not use public transport where possible
- Wear a mask and keep a 2-metre distance between yourself and others when you are in public
- Wash your hands frequently with soap and water (20 seconds or more) or use hand sanitizer.

24HR NICD HOTLINE 0800 029 999

For factual info, join the DoH Support Group on [0600 123 456](https://wa.me/27600123456?text=hi). Save the number & send the 'hi' message or click on <https://wa.me/27600123456?text=hi>