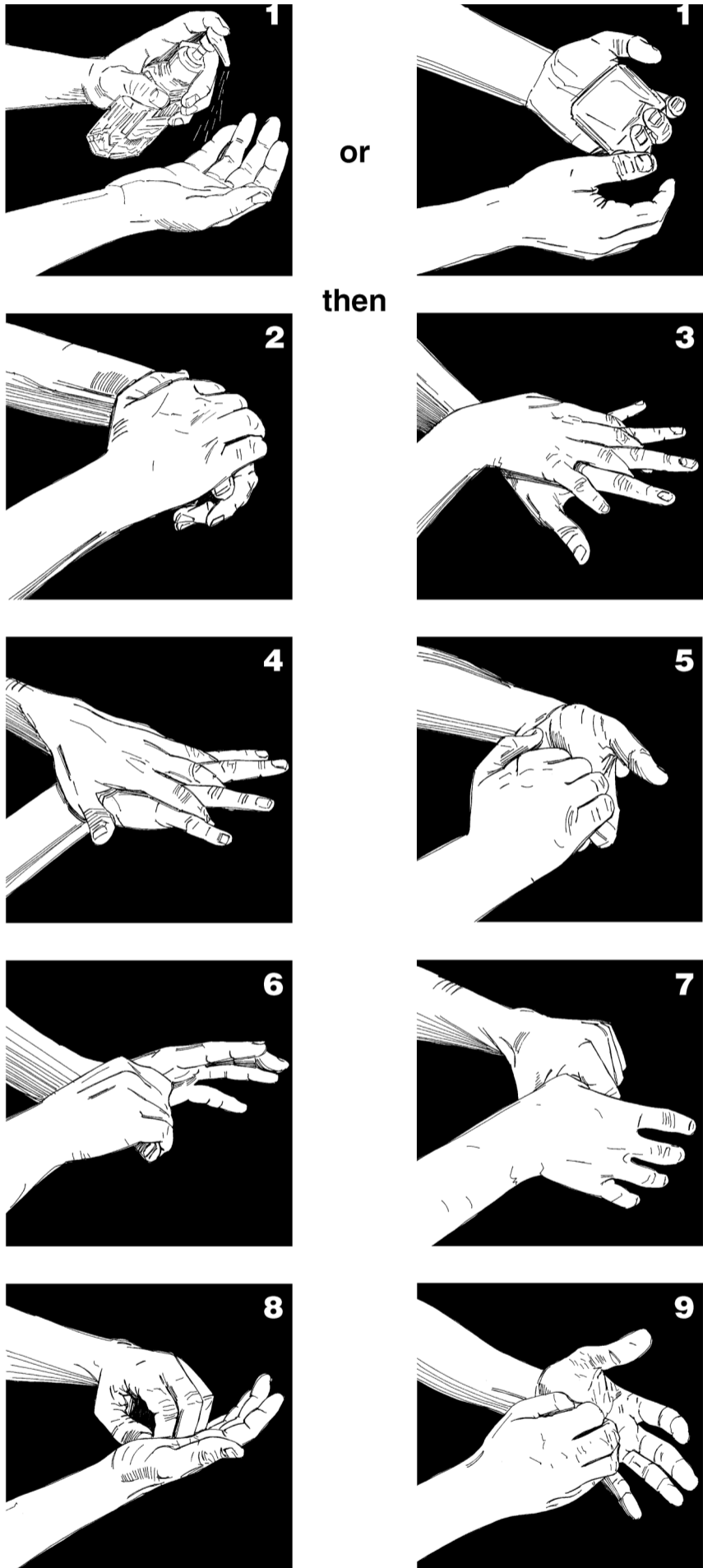
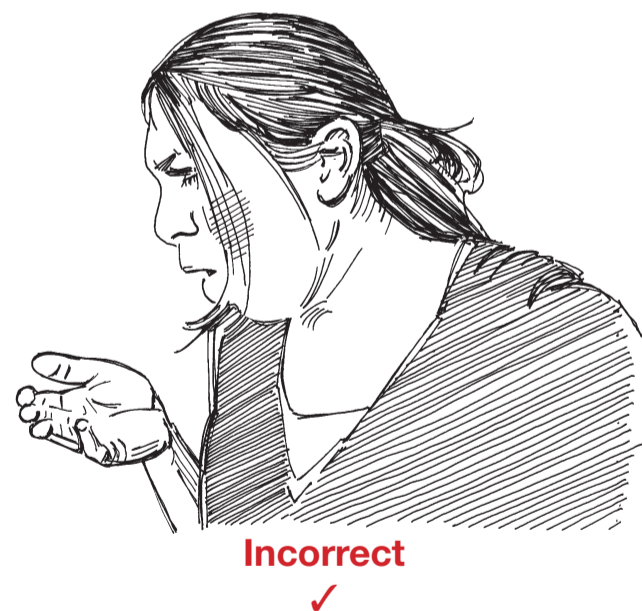
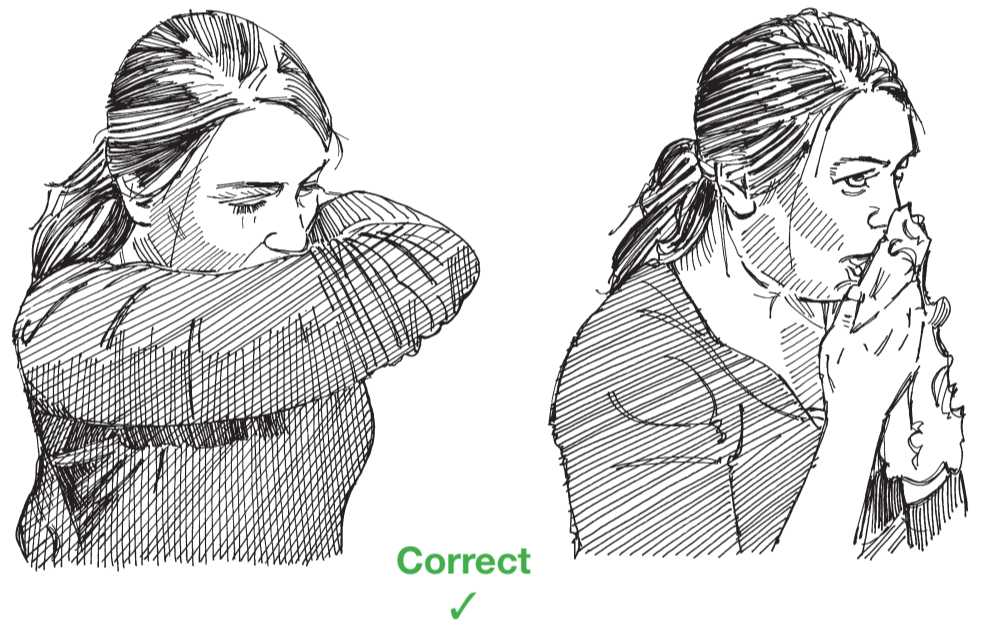


Stay healthy

Practise good hygiene



Wash your hands with soap and water regularly, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.



Cover your nose and mouth with a tissue or with your sleeve (not hand) when you cough or sneeze. Put the tissue in the trash after you use it and wash your hands.