

# COVID-19 SAFETY AWARENESS

## PROTOCOLS WHEN LEAVING YOUR HOME



1



**Wear long sleeves.**

7



**Crumple up your tissues, put them in a plastic bag and then dispose.**

2



**Tie your hair, don't wear jewelry, make-up or cream.**

8



**If you cough or sneeze, cover your mouth with your elbow. Do not cough or sneeze on your hands or into the air.**

3



**If you have a mask, put it on before you leave.**

9



**Try not to use cash, if you do, disinfect your hands.**

4



**Try not to use public transport.**

10



**Wash your hands after touching any object or use hand sanitizer.**

5



**If you are taking your pet with you, try to avoid it brushing against surfaces.**

11



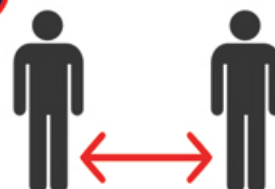
**Do not touch your face until you have clean hands.**

6



**Take disposable tissues, use them to cover your fingers when you touch surfaces.**

12



**Practice social distancing.**