

# PREVENT THE *SPREAD*

## 7 STEPS FROM MR. TAPIOCI



- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early – but call first
- 07** Get information from trusted sources

