

NOVEL CORONAVIRUS (2019-NCOV) PREVENTION ADVICE



Wash your hands for at least 20 seconds with soap and running water when **hands are visibly dirty**

If your **hands are not visibly dirty**, wash them with soap and water or use an alcohol-based cleanser



When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue – throw tissue away immediately and wash hands



Avoid close contact with anyone with cold or flu like symptoms

Julius Rutherford & Co

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