

CORONA VIRUS PREVENTION ADVICE

Practice “Physical Distancing” - Avoid physical closeness to people

- **Greet at a distance**
 - **Bow like Japanese people, or**
 - **wave, or**
 - **touch only one another’s feet/shoes**
- **Stay 1.5 metres away from other people**
- **Avoid groups of people in closed spaces**
- **Avoid public spaces**
 - **Shop as little as possible**
 - **No bars/drinking places**
 - **No gyms**
- **Spend time at home, or go walking in quiet places in the outdoors**

Wash your hands after touching anyone or anything

Avoid touching your nose, mouth and eyes

Sneezing/coughing:

- **into your elbow, not your hand and then**
- **immediately go wash your hands and then face and then hands again**

Have 8 hours of sleep every night

Take supplements that we think may improve your immunity if you can:

- **Vitamin C**
- **Zinc**
- **Garlic**

If you get symptoms like a cold/flu

- **Cough**
- **Sore throat**
- **Body aches**
- **Fever**
- **Headache**
- **Loss of smell**

STAY AT HOME, AVOID CONTACT WITH ANYONE, AND REST

IF YOU GET MORE SICK AND SHORT OF BREATH, GET TO A DOCTOR OR HOSPITAL