

The World Health Organisation is advising people to follow
5 SIMPLE STEPS to help prevent the spread of COVID-19

FRIENDSHIP **BENCH**

5 things to HELP STOP the spread of COVID-19

1 HANDS

WASH YOUR HANDS FOR 20 SECONDS



WITH SOAP



2 ELBOW

COUGH OR SNEEZE INTO YOUR ELBOW

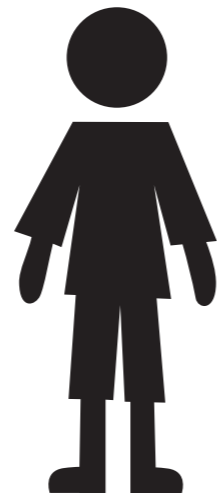
3 FACE

DON'T TOUCH YOUR FACE



4 FEET

STAY MORE THAN 1 METRE FROM OTHERS



5 FEEL

CALL YOUR DOCTOR IF NEED BE.



STAY HOME IF YOU FEEL SICK

HANDS • ELBOW • FACE • FEET • FEEL

#safehands
#coronaZIM