



## COVID-19 is here with us to stay.

We need to learn to live with it.

To protect ourselves, our families, and communities we must remember to:





Wear masks that cover our noses and mouths in all public places

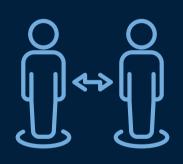


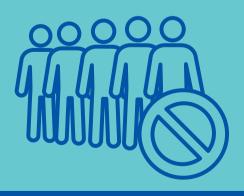
Wash our hands regularly with soap and water, or use sanitiser

Cover our mouths and noses with our elbows or tissues when we cough or sneeze



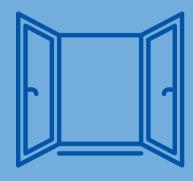
Try to keep a social distance of 1.5 to 2 metres from other people





Avoid crowded public places

Open windows when we are indoors and when we are on transport if possible



Give yourself and those you love the gift of health this festive season.







