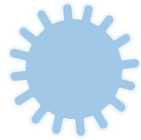
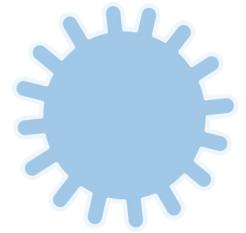


# 7 WAYS TO MINIMISE EXPOSURE



## Thoroughly wash tableware

Thoroughly washing dishes, glassware and utensils helps prevent the spread of germs



## Stay home when sick

Social distancing helps protect others from catching your illness.



## Cover your mouth and nose when sneezing

Coughing and sneezing into your elbow or tissue protects others



## Wash hands frequently

Washing hands frequently and using an alcohol based sanitiser helps protect against the spread of germs.



## Avoid others who are sick

Limiting contact with others who are sick helps prevent the spread of germs.



## Clean and disinfect surfaces

Cleaning and disinfecting commonly touched surfaces helps prevent the spread of germs.



## Annual flu vaccine

The flu vaccine is critical in helping prevent the seasonal flu.

