

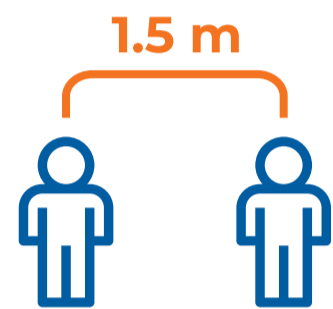
6 TIPS ON HOW TO LOOK AFTER YOURSELF DURING CORONAVIRUS



Wash hands often
with soap for at least
20 seconds



**Cover your coughs
and sneezes**, try not
to touch your eyes,
nose or mouth



**Keep a distance of
1.5 metres** between
you and other people
whenever possible



**Isolate yourself at
home if you feel sick.**
Try and stick to a routine
and get fresh air and
sunlight



**Look after your
mental health.**
Try to maintain
perspective and find
a healthy balance of
media coverage



Seek support, if you're
feeling anxious contact
your EAP for support