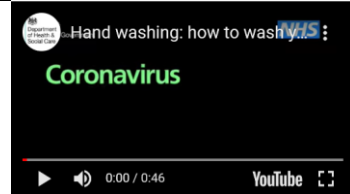
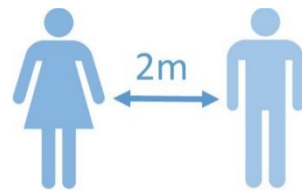


# Top 7 tips to reduce the risk of catching Coronavirus / Covid-19

1. Wash your hands regularly  
Video



2. Avoid close contact with other people



3. Covering your cough or sneeze with a tissue, then throwing the tissue in a bin – Catch it, Bin it, Kill it  
Video



4. Avoid touching eyes, nose, mouth and face



5. Wipe down surfaces regularly with disinfectant



6. Wash uniforms above 63°C with a bleach-based washing detergent, and wear a fresh uniform on each shift



7. Keep healthy – eat well and sleep well

**Eat well,  
Sleep well,  
Live well**

8. Take vitamins such as vitamin C and Echinacea to boost your immune system

