

# Prevent infection

Novel coronavirus typically spreads in places where many people are gathered, for example through handshakes and small droplets from coughs and sneezes. Protect yourself by following this guidance.



**Keep your distance.**  
Avoid handshakes, hugs  
and kisses on the cheeks



**Stay at home and get  
tested if you experience  
symptoms**



**Open windows and  
doors and ventilate your  
home regularly. Avoid  
being too many people  
together indoors**



**Cough or sneeze into  
your sleeve**



**Wash your hands often  
or use hand sanitiser**



**Clean thoroughly and  
regularly, especially  
surfaces that are touched  
by many people**