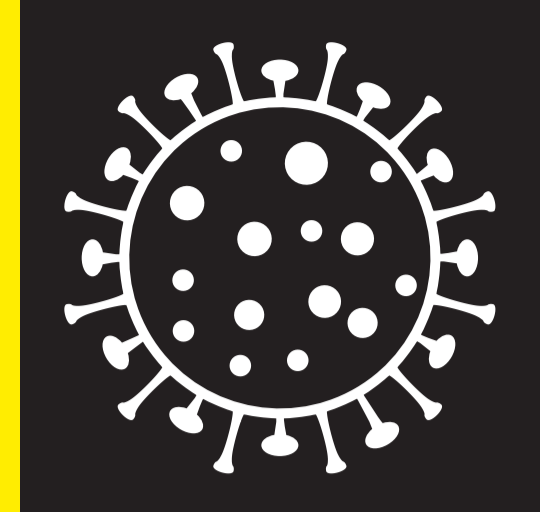


Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

Stay home. Stay safe. Protect each other.

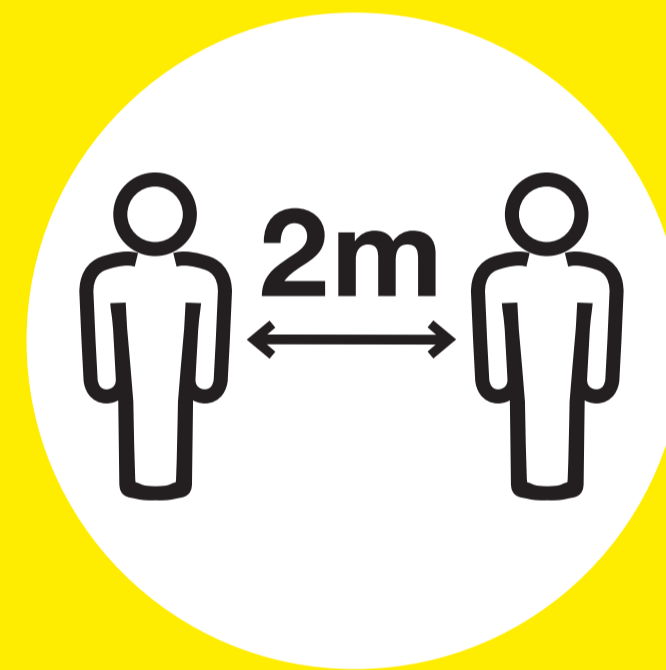
If you **MUST** go outdoors



Stay
within 5km from
where you live



Avoid
close contact
with others



Distance
yourself at least
2 metres (6 feet) away
from other people



Groups
should be no more
than four people
unless all are from
the same household



Avoid
an area if it looks busy
and go somewhere
else for your exercise



Wash
your hands when
you return home

#holdfirm