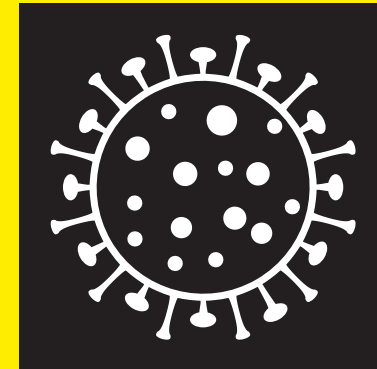


# Coronavirus **COVID-19**



Coronavirus  
**COVID-19**  
Public Health  
Advice

**Stay home. Stay safe. Protect each other.**

## If you **MUST** go outdoors



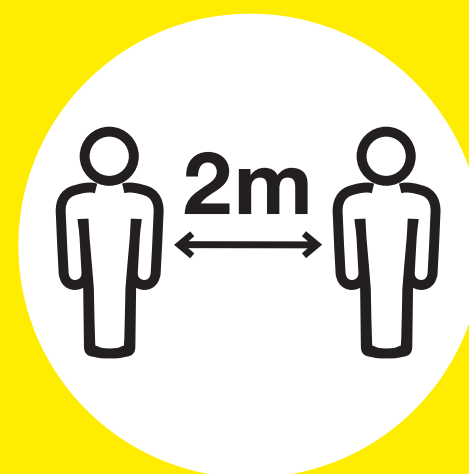
### **Stay**

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**