Coronavirus



Stay home. Stay safe. Protect each other.

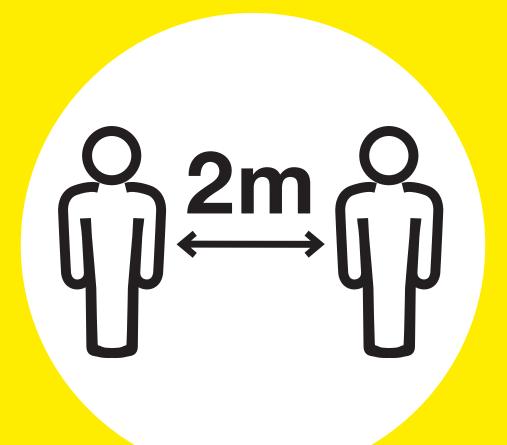
If you MUST go outdoors



within 5km from where you live



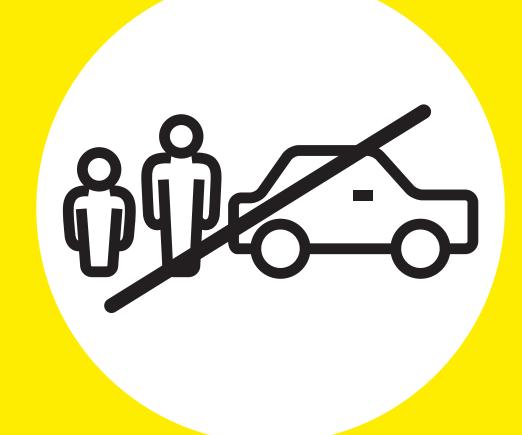
Avoid close contact with others



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



