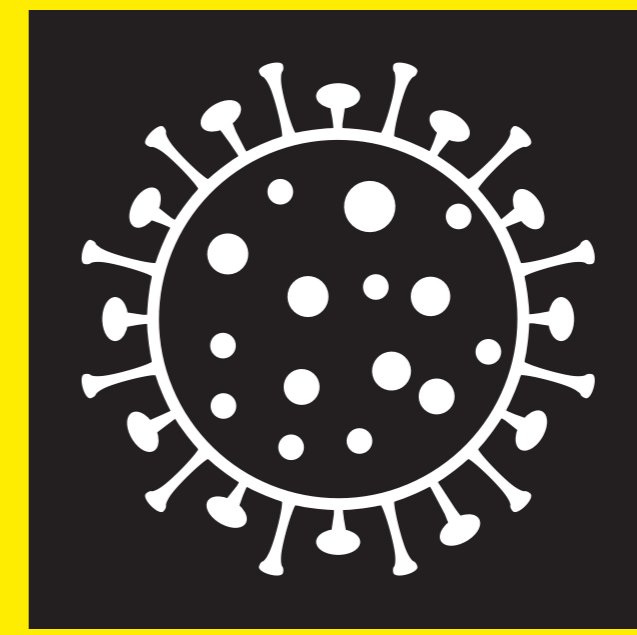


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

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

If you **MUST** go outdoors



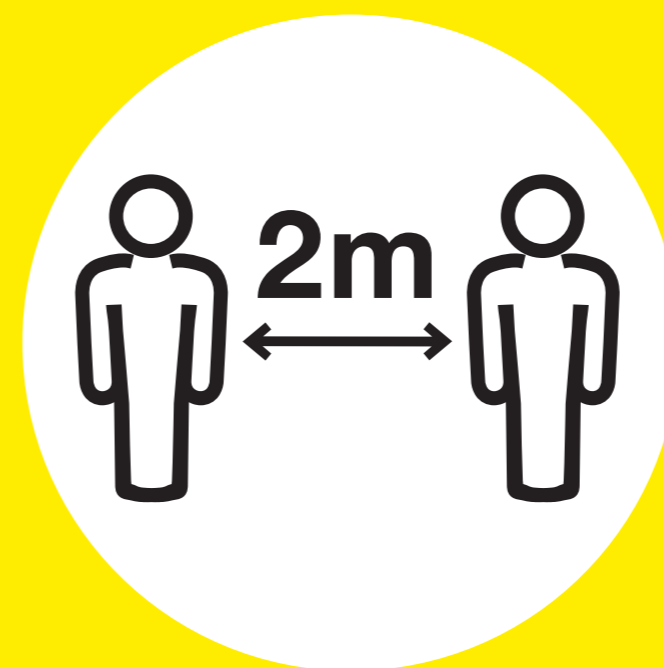
Stay

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