**QUICK CHECKLIST**

Act as if you already have the virus (to keep others safe) and as if everyone else has it (to keep yourself safe). If you develop a new cough/fever/have breathing difficulties, stay home and self-isolate.

**Wash your hands thoroughly and regularly**, using hand sanitiser or soap and warm, clean water.

**Maintain social distancing.** Stay two metres (six feet) from other people — even beneficiaries.

**Avoid touching your face, nose and eyes.**

**Avoid physical contact with other people.**

**Cough or sneeze into a clean paper tissue or your elbow**, then throw the tissue away immediately.

**Clean and disinfect surfaces often**, using a bleach-based cleaning fluid.

**Masks and gloves do not make you invincible!** Wash/sanitise hands before applying and after removing.

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Information from International Health Services, International Headquarters, based on advice from the World Health Organization (correct as of 9 April 2020). For full information, see sa.m/covid19info