

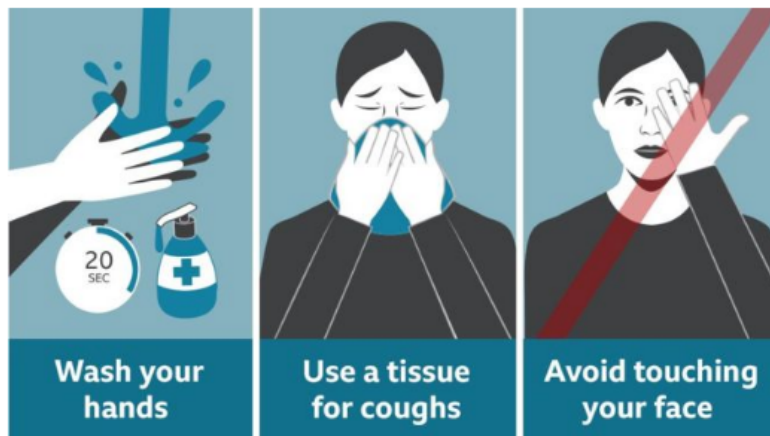


## COVID19 PREVENTION

### 1) Self-Isolation

- Only go out for absolute necessities: groceries, pharmacy, doctor/hospital & mental health supports.
- Do not visit others or have visitors.
- Do not attend social gatherings and avoid all crowds.

### 2) Universal Precautions



- **Wash your hands regularly with soap, for at least 20 seconds**
- **Avoid touching your face**
- **Cough/sneeze into a tissue or your elbow.**
- **Disinfect all common use areas regularly through the day and night**