



PREVENTION OF COVID-19



1. The **COVID-19** virus spreads from person to person in droplets produced by coughs and sneezes.

2. Therefore, it is important that students and staff **cover** their mouth and nose with a tissue when coughing or sneezing and dispose the tissue appropriately.



3. If no tissue is available, using the inside of the **elbow** (or shirtsleeve) to cover the mouth or nose is preferable to using the hands.

4. Always perform **hand hygiene** after sneezing, coughing and handling dirty tissues or other soiled material.



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