

# Protect yourself and others from COVID-19



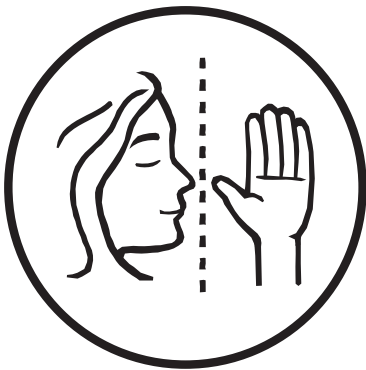
Wash your hands  
with soap and water  
often (for at least 20  
seconds). Then dry.



Cough or sneeze  
into your elbow or by  
covering your mouth  
and nose with tissues.



Clean and disinfect  
frequently touched  
surfaces and objects,  
such as doorknobs.



Don't touch your eyes,  
nose or mouth if your  
hands are not clean.



Put used tissues  
in the bin or a bag  
immediately.



Stay home if you  
feel unwell.

For updates and more information on  
keeping yourself safe, visit **Covid19.govt.nz**

New Zealand Government

Unite  
against  
COVID-19