

# When outside observe the following to protect yourself and others:



**PRACTICE** good hygiene



**AVOID** touching surfaces with fingertips and the front of your hand



**AVOID** eating undercooked food



**AVOID** animal contact



**AVOID** contact with people with symptoms



**AVOID** close contact with other people



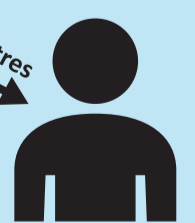
**AVOID** physical contact



**MAINTAIN** a safe social distance of more than 2 metres



2 metres



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