## PROTECT YOURSELF AND OTHERS FROM **CORONAVIRUS DISEASE 2019 (COVID-19)**



# **STAY HOME FOR YOUR SAFETY** AND THE SAFETY OF YOUR LOVED ONES



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**Family** 



**Funerals** 



#### Why we recommend avoiding all forms of social gatherings?



Gatherings increase your chances of getting Coronavirus 2019 (COVID-19) or spreading the virus to others.



By avoiding social gatherings, you are reducing close contact with others (such as hand-shaking); which is one of the main forms of spreading the virus.



Social gatherings increase the risk for the elderly, those with chronic conditions and those with low immunity, of suffering from severe health complications if exposed to COVID-19.

### How can you stay in contact with others during this time?



Contact others using remote technology such as phones, internet, and social media channels.

#### DO YOUR PART AND BE RESPOSIBLE FOR YOURSELF. YOUR FAMILY AND YOUR COMMUNITY







