

Coronavirus:

How to reduce your risk

- 1** Avoid close contact with people suffering from acute severe respiratory infections.
- 2** Wash your hands frequently. Use soap and rub your hands together under running water for at least 30 seconds. Dry thoroughly with a clean towel.
- 3** Practise good cough etiquette (maintain distance, cough into your bent elbow if possible). Cover coughs and sneezes with disposable tissues or clothing, dispose of tissues in a rubbish bin, do not reuse them and wash hands.

If you have travelled to China within the last 14 days and have a fever, cough, or cold or flu-like symptoms, please stay home and contact Healthline on **0800 611 116** in the first instance.



THE UNIVERSITY OF
WAIKATO
Te Whare Wānanga o Waikato