Reduce your risk of CORONAVIRUS infection

Cover your mouth and nose when coughing and sneezing with a tissue, or cough into your shirt or into your sleeve.

Put used tissue in a rubbish bin **immediately**

Wash hands well with soap and water or alcohol based hand rub

Avoid close contact with anyone with cold or flu-like symptoms

Cook meat and eggs thoroughly

Avoid unprotected contact with live wild or farm animals

Do not share drink bottles

PRACTISE GOOD HEALTH

TE MARAE ORA
COOK ISLANDS Ministry of Health

January 2020