

PROTECTIVE MEASURES @ SPARK!

Coronavirus (COVID-19)



Wash your hands

frequently and thoroughly, for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cover your mouth and nose

with a tissue or into your elbow when you cough or sneeze then throw the tissue in the bin and wash your hands.



Wear a face mask

if you have respiratory symptoms or are caring for someone with respiratory symptoms. Stay home when you are ill.



Clean and disinfect

surfaces and objects that people frequently touch.



Avoid touching

your eyes, nose, and mouth with unwashed hands.



Avoid close contact

with people who are sick, sneezing or coughing.