

RONAVIRUS

help spread the truth faster than the virus

break the cycle of diseases –
clean hands save lives

wash your hands for at least 20 seconds

with soapy water or an alcohol-based sanitiser



dry cough



fever



difficult breathing

coronavirus – symptoms

Older people and those with underlying medical problems are at greater risk.

If you develop a fever, a dry cough or difficulty in breathing you should seek medical attention.

**protect
yourself and
others from
getting sick**

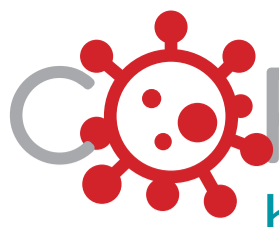


integratedbusinesssupport**services**



WHO (World Health Organisation) – <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

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CRONAVIRUS

help spread the truth faster than the virus

#1

practise social distancing

and help fight against this pandemic

#2

you need to self isolate

to protect yourself, your family, and the vulnerable

#3

practise social distancing

keep your distance in public and at home

#4

this is a global pandemic

do not blame anyone for it

#5

embrace your new reality

stay positive, exercise regularly, eat healthy

#6

stay at home, work from home

help flatten the pandemic curve

#7

avoid public gatherings

or inviting visitors into your home

#8

limit non essential travel

and help put a brake on the spread

#9

time to work smart(er)

stay home, stay connected, stay informed



integrated business support services

supporting the emergency measures through our solidarity



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