

# Protect yourself and others from COVID-19



[www.unitedfresh.co.nz](http://www.unitedfresh.co.nz)

## Take these simple steps to help stop the spread of the virus



Wash your hands with soap and water often (for at least 20 seconds). Then dry.



Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



Don't touch your eyes, nose or mouth if your hands are not clean.



Put used tissues in the bin or a bag immediately.



Stay home if you feel unwell.

Unite against Covid-19  
Find out more at  
[www.covid19.govt.nz](http://www.covid19.govt.nz)

Unite  
against  
COVID-19