

## On & Off the job Health Topic - May 2020 🕢

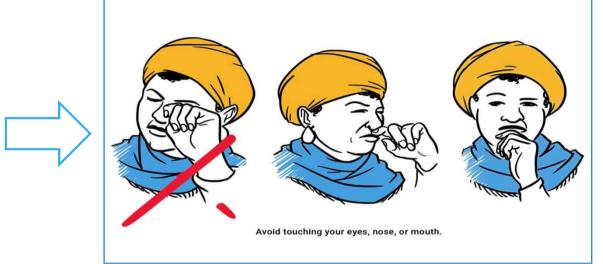
## **OBSERVE THE HEALTH & SAFETY HINTS TO PREVENT THE SPREAD OF THE VIRUS**

• AVOID TOUCHING YOUR EYES.

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CPCM

- AVOID TOUCHING YOUR NOSE.
- AVOID TOUCHING YOUR MOUTH.

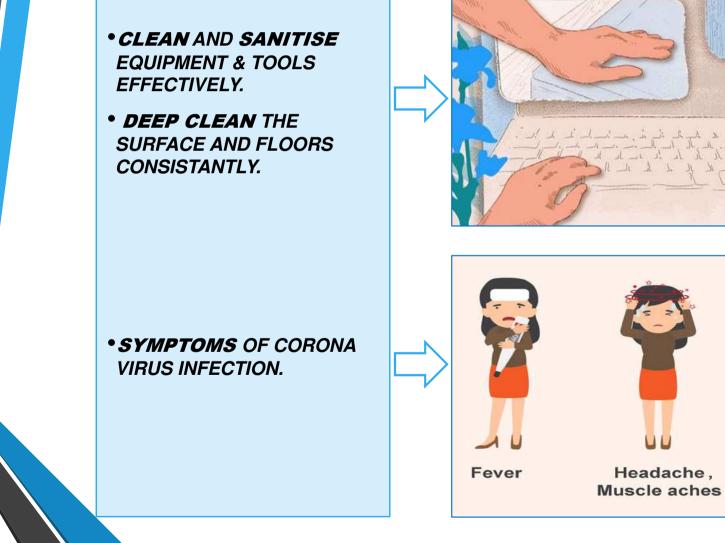


- **WASH** YOUR **HANDS** REGULARLY WITH **RUNNING WATER** AND **SOAP**.
- **WASH** YOUR **HAND** FOR AT LEAST 20 SECONDS.



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## **OBSERVE THE HEALTH & SAFETY HINTS TO PREVENT THE SPREAD OF THE VIRUS**



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Cough

Sore throat.

Breathlessness