

PROTECT YOURSELF AND OTHERS FROM GETTING SICK: CORONAVIRUS



Clean your hands with an alcohol based hand rub or with soap and hot water for at least 20 seconds:

- After coughing or sneezing
- When caring for the sick
- Before, during and after preparing food
- Before eating
- After toilet use
- When hands are visibly dirty



When coughing and sneezing, cover your nose and mouth with a tissue or flexed elbow



Throw the tissue into a closed bin immediately after use



Avoid touching eyes, nose and mouth

Do you need someone to talk to?

Join our Facebook Group for advice and support at www.facebook.com/groups/CoronavirusSeafarerSupport or visit www.sailors-society.org/chaplains to find your local chaplain.



NOT ON MY WATCH
A SAILORS' SOCIETY
CAMPAIGN