

Coronavirus Tips

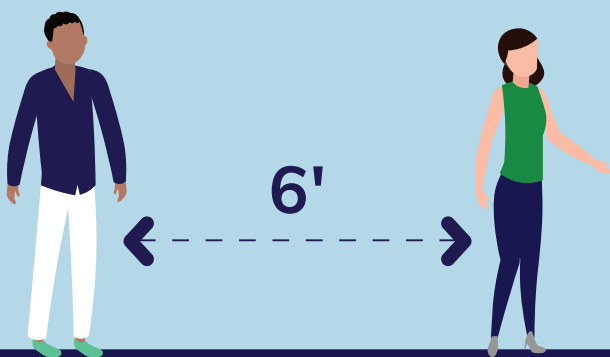
COVID-19
gov.ky/coronavirus

STAY
SAFE
CAYMAN
SAVE LIVES



Cleanse Your Hands Often

- Wash your hands regularly with soap and water for at least 20 seconds
- Use alcohol-based hand sanitiser if you don't have soap and water



Social Distancing

- In public places, stay 6 feet away from others
- Avoid crowded places
- Run errands only when absolutely necessary



Groceries and Food Delivery

- Unload groceries in one area and discard unnecessary packaging
- Wipe all items with a disinfectant or soap, water and bleach mixture
- Pack away groceries as normal
- Transfer delivered food to a clean plate, and discard packaging
- Wash hands thoroughly for 20 seconds before eating, and use utensils to eat your meal



Wearing Masks

- Wear a mask or face covering when you're in enclosed public spaces
- The mask or face covering must cover your nose and mouth
- Businesses will require you to wear a mask or face covering
- Wash reusable masks in hot water



Removing Gloves

- Using the wristband, pull off the first glove, turning it inside out. Then hold it in your other (still gloved) hand
- Stick two fingers under the other glove's wristband and pull it off, turning it inside out, and over the first glove you're holding
- Trash disposable masks and gloves, and wash your hands afterward

If you have flu symptoms or are concerned about your COVID-19 risk, call the **24-hour** Flu Hotline on **1-800-534-8600, 345-947-3077** or **345-925-6327**



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DATED: 17 JUNE 2020