

# Protect yourself and others from getting sick



Wash hands thoroughly with soap and water or use a hand sanitizer



Avoid touching your nose, eyes and mouth



Use tissues when coughing or sneezing or flex your elbow to catch a cough or a sneeze



Throw away tissues as soon as they are used



Practice social distancing of at least 1 metre apart



Avoid shaking hands



Avoid touching or eating raw meat



Use a mask if you have respiratory symptoms or are caring for someone who does

**If you have fever, cough and difficulties breathing call the medical services**

Source: World Health Organisation

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