



**DEPARTMENT OF HEALTH  
REPUBLIC OF SEYCHELLES**

**Wash your hands  
frequently with  
soap and water.**

**#ferouparSTOPTHESPREAD**



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**Cough and Sneeze  
in a tissue then  
discard it in a bin.**

**#ferouparSTOPTHESPREAD**



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**Do not share  
stationery items.  
Carry your own  
pen or pencils**

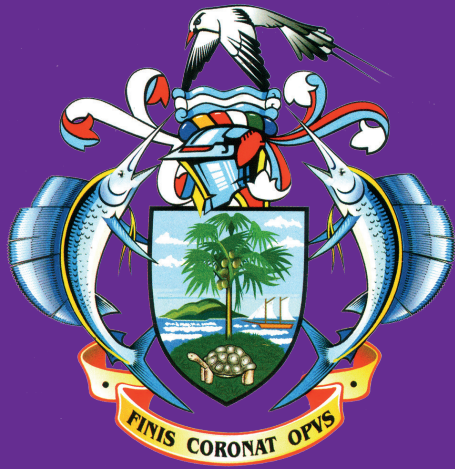
**#ferouparSTOPTHESPREAD**



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**Do not give  
handshakes. Instead  
use alternate ways of  
greeting with no  
physical contact.**

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**Sit one meter away  
from others.**

**Tip: Outstretch your  
arms to measure the  
distance.**

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