



Remember to continue to practice healthy hygiene to protect yourself and others from getting sick.



Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



Practice food safety



Wash your hands before, during and after food preparation, and while handling raw and cooked food.

Maintain social distancing



Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



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