

STOP THE SPREAD.



WASH YOUR HANDS.

Use warm water and soap and rub your hands for at least 20 seconds.

Rewash after coughing, sneezing, before and after eating and after using the bathroom.



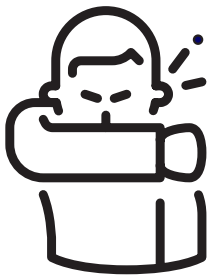
DISINFECT SURFACES.

Wipe down your desk, phone, laptop and anything else you use regularly.



USE HAND SANITIZER.

Use an alcohol based hand rub (at least 60% alcohol sanitizer) frequently during the day when your hands are not visibly dirty.



COVER UP.

Use a tissue or sneeze into your elbow. Wash your hands carefully after you sneeze or cough, regardless.



PROTECT OTHERS.

If you are sick, stay at home. Even if it is just a cold.



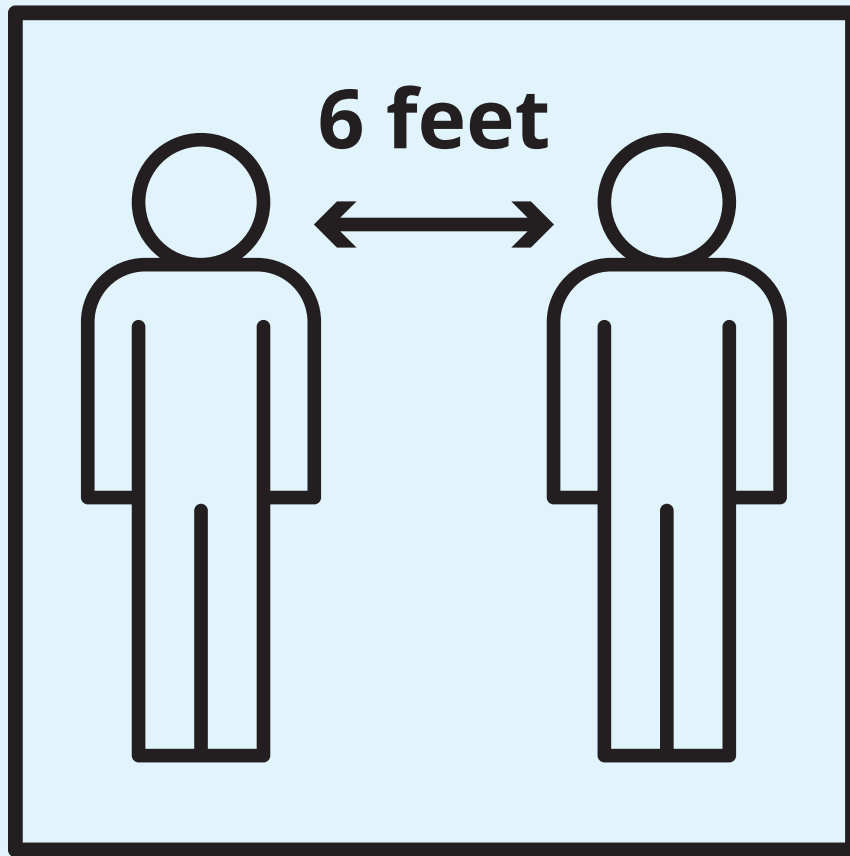
CONTACT YOUR DOCTOR'S OFFICE.

If you have a fever, cough and/or difficulty breathing seek medical advice early.



HbD International

REDUCE YOUR RISK. STAY SAFE.



Practice social distancing
and avoid physical contact
with others.

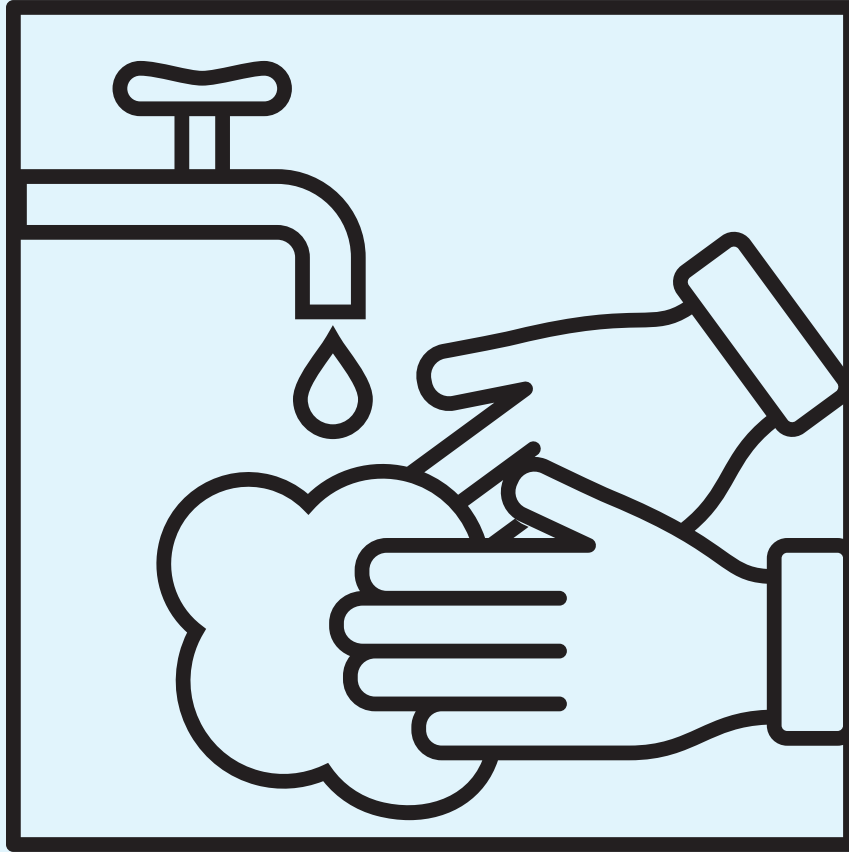


If you are unwell, stay home.



HbD International

REDUCE YOUR RISK. STAY SAFE.



Wash your hands with soap & warm water frequently throughout the day.



If you are unwell, stay home.



HbD International