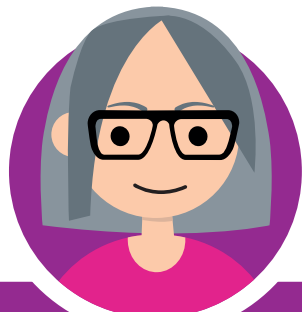


# COVID-19: Five steps to look after yourself and others



Take care of  
yourself and  
stay healthy



Call,  
chat,  
check



Be kind.  
Think of  
others.



Get online  
to stay  
in touch



Share accurate  
advice and  
information

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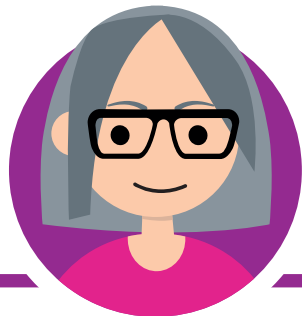
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