

Everyone should be informed of the facts of COVID 19.  
**We are all in this together.**

**MYTH**

COVID-19 only affects old people.

**FACT**

COVID-19 is very contagious and can infect people of all ages if they are exposed. Older people, and people with underlying health conditions appear to be more vulnerable to becoming severely ill with the virus.



We protect each other by: practicing physical distancing, staying at home (if you don't feel well)



Frequent handwashing  
with soap for at least 20  
seconds



Wearing a cloth covering  
over our nose and mouth  
in public places



Coughing or sneezing  
into your elbow



Practice physical  
distancing by maintaining  
1 metre distance  
between you and others



Avoid touching your  
eyes, nose and mouth



Stay at home if  
you feel sick