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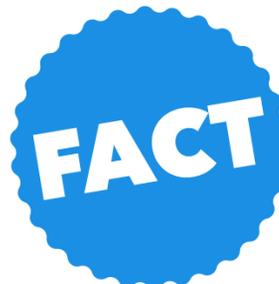# We are all in this together.

MYTH People who drink alcohol cannot get COVID-19.

FACT Drinking alcohol does not protect you from COVID-19. The use of alcohol can impair your judgement around safety and may cause you to put yourself at greater risk of getting COVID-19. Alcohol abuse will increase your overall risk of health problems.

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

1m 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