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

**MYTH**

COVID-19 only affects old people.

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**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.

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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