



## HOW TO PROTECT YOURSELF FROM THE **CORONAVIRUS**

- 1 Wash your hands frequently with soap and water or an alcohol-based hand rub.
- 2 Stay six feet away from anyone who is coughing or sneezing.
- 3 Avoid touching your eyes, nose, and mouth.
- 4 Cover your mouth and nose with a tissue or your bent elbow when you cough or sneeze.
- 5 Stay home if you feel unwell.
- 6 Avoid shaking hands.
- 7 Keep up with the latest information about COVID-19 on [health.gov.au](http://health.gov.au) or [health.govt.nz](http://health.govt.nz)

## HOW TO PROTECT YOURSELF FROM **DEATH**

Sadly, we can't always protect ourselves from sickness, and eventually we will all die, but we can be better prepared. Where will you go when you die? Have you lied, stolen, used God's name in vain, or lusted (which Jesus said was adultery, Mt. 5:28)? If so, God sees you as a liar, thief, blasphemer, and adulterer at heart. If you die in your sins, you will go to a terrible place called Hell. But there's good news. Though we broke God's Law, Jesus paid the fine by dying on the cross: "God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (Jn. 3:16). Then Jesus rose from the dead and was seen by hundreds. He fulfilled all the prophecies of the promised Saviour. Today, repent and trust Jesus, and God will forgive you and grant you the gift of eternal life (Eph. 2:8,9). Then, to show your gratitude, read the Bible daily and obey it, join a Christian church, and be baptised. Visit [WhatsTheGospel.com](http://WhatsTheGospel.com)

