

CORONAVIRUS DISEASE: COVID-19

Basic protective measures against the new coronavirus



1

STOP! STAY HOME IF YOU FEEL SICK

If you have a fever, cough, or difficulty breathing, seek medical attention.



2

COVER COUGH & SNEEZE

Cover your mouth and nose with a bent elbow or tissue, then dispose of the used tissue immediately. **Why?** Droplets spread viruses such as the COVID-19. By doing this, you protect the people around you!



3

WASH YOUR HANDS

Wash your hands frequently with an alcohol-based hand scrub or with soap and water. **Why?** This kills viruses that may be on your hands.



4

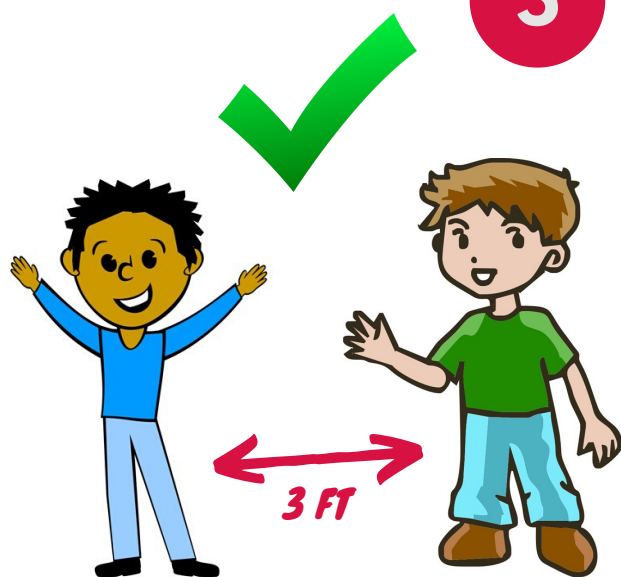
AVOID TOUCHING YOUR EYES, NOSE & MOUTH

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth. From there, the virus can enter your body and make you sick.

5

MAXIMIZE SOCIAL DISTANCE

Maintain at least 1 meter (3 feet) between yourself and anyone who is coughing or sneezing. **Why?** If you are too close, you can breathe in the droplets from others' coughs or sneezes which may contain viruses.



Adapted from the WHO website:

[who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)