

CORONAVIRUS (COVID-19)

PROTECT YOURSELF AND OTHERS



- **Regularly wash your hands with soap and running water or alcohol-based rub for at least 20 seconds:**

- After coughing or sneezing
- When caring for the sick
- Before, during, and after you prepare food
- Before eating
- Before and after breastfeeding
- After toilet use
- When hands are dirty
- After handling animals or animal waste



- **Do not touch your eyes, nose and mouth**
- **Cover your mouth and nose with a bent elbow or tissue when coughing or sneezing**



- **Avoid physical greetings and contact**
- **Do not attend public gatherings or events**
- **Avoid spitting in public**
- **Distance yourself from other people by 1 meter**
- **Stay home!**
- **ONLY wear a mask if you are caring for a person with COVID-19 or if you are sick**

People with cardiovascular disease, respiratory conditions or diabetes, or those who are 60 years or older are at much greater risk, and should take special care to follow all these guidelines.

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