I know how to protect myself from COVID-19

- I will wear a mask
- I will cough into elbow
- I will not enter the homes
- I will stand 2 meters away from others at all times
- I will use hand sanitizer or soap and wash hands many times between house visits
- I will avoid shaking hands or other physical contact
- I will avoid touching my face
- I will avoid social gatherings
- I will avoid spitting

Safety protocols for Community Health Workers