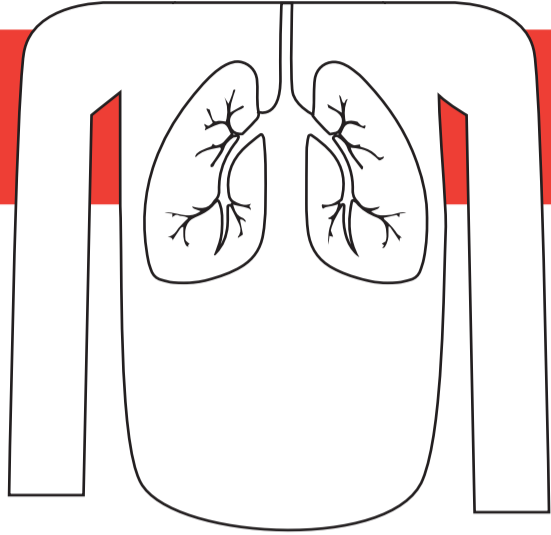


# COVID-19



## PREVENTION & PROTECTION

There is currently no vaccine or any other health product to prevent coronavirus disease (COVID-19) which makes these prevention and protection measures extremely crucial for not only you but your entire community.

### Wash your hands often with SOAP!



**FOR 20 SECONDS**

#### WHY?

Washing your hands with soap+water or using alcohol-based hand rub kills viruses that may be on your hands.

### Stop touching your face!



#### 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 can make you sick.

### Physical distancing!

Keep at least 1 metre between yourself and anyone who is coughing or sneezing.



#### WHY?

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

### Clean & disinfect frequently touched surfaces.



E.g. tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

### STAY HOME if you're sick!



**CALL YOUR DOCTOR IF NEED BE.**



Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover.

### Respiratory hygiene!

This means cough or sneeze into your bent elbow or a tissue and then dispose of the used tissue immediately.



#### WHY?

Droplets spread virus. By following good respiratory hygiene you protect the people around you from COVID-19.