Prevent the spread of COVID-19 in

7 STEPS

- Ol Wash your hands frequently
- O2 Avoid touching your eyes, nose and mouth
- O3 Cover your cough using the bend of your elbow or a tissue
- O4 Avoid crowded places and close contact with anyone that has fever or cough
- O5 Stay at home if you feel unwell
- If you have a fever, cough and difficulty breathing, seek medical care early
 but call first
- O7 Get information from trusted sources

SOURCE: WORLD HEALTH ORGANIZATION