



DISTANCE
MAKES US
STRONGER

#StopTheSpread

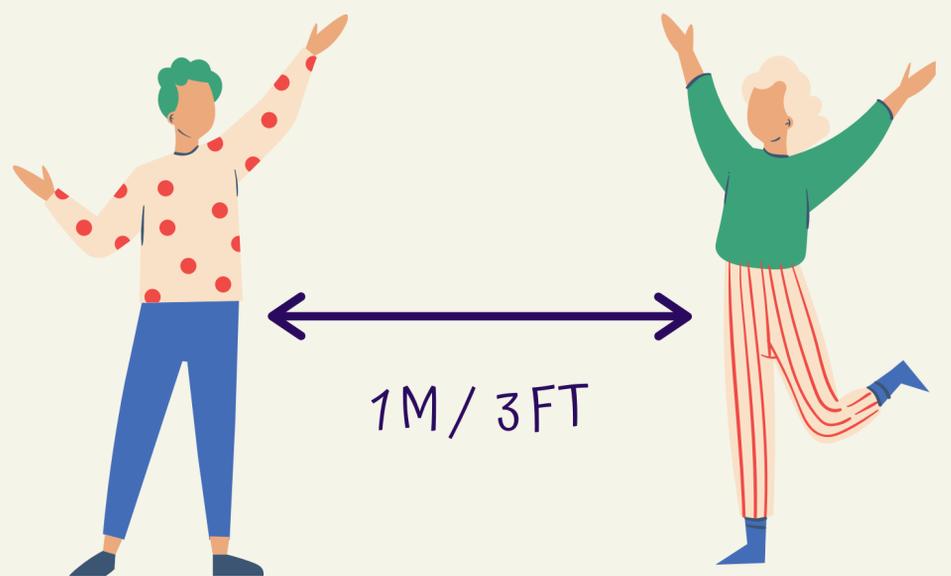


STOP THE SPREAD



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



MAINTAIN PHYSICAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

A GUIDE TO WHEN TO MASK



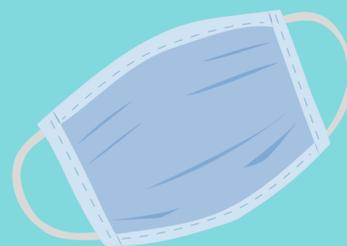
If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.



Wear a mask if you are coughing or sneezing.



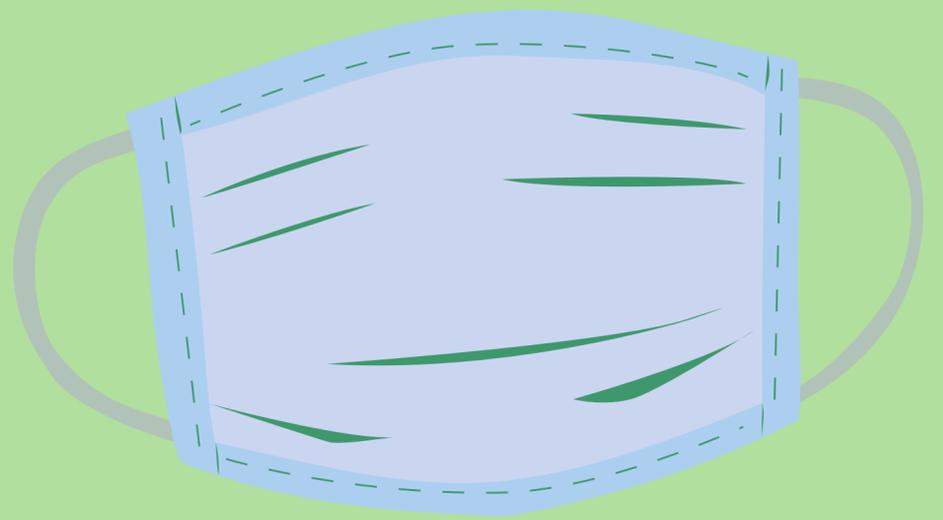
Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.



If you wear a mask, then you must know how to use it and dispose of it properly.

WHEN TO USE A MASK

**For healthy people
wear a mask
only if you are taking
care of a person with
suspected 2019-nCoV
infection**

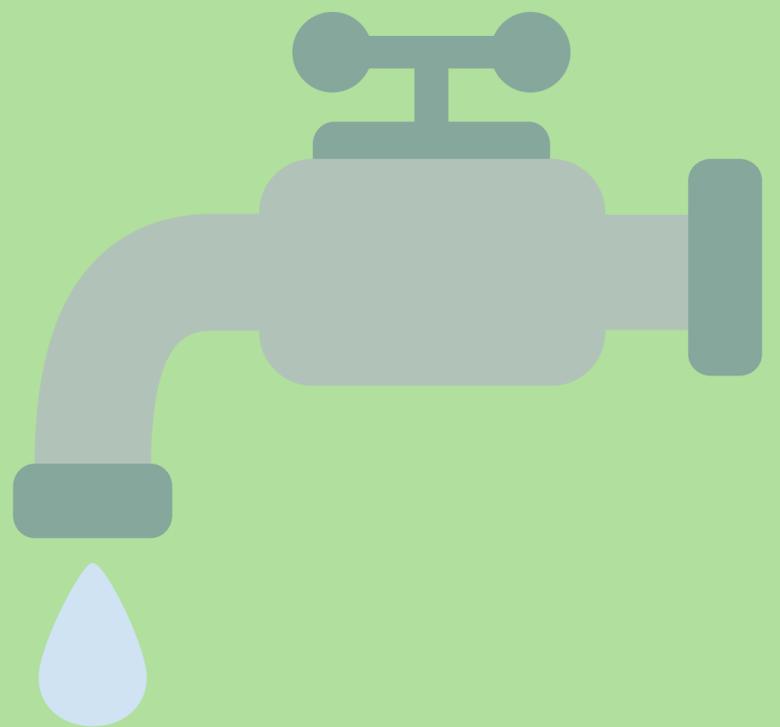


SOURCE: WORLD HEALTH ORGANIZATION

WHEN TO USE A MASK

Masks are only effective when used in combination with frequent hand-cleaning

with alcohol-based hand rub or soap and water



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Prevent the spread of COVID-19 in 7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION