

# HOW TO PREVENT CORONAVIRUS

5 EASY STEPS TO STAY SAFE FROM COVID-19

**1**

## WASH YOUR HANDS

frequently, with soap and water or using an alcohol solution.

**2**

## KEEP DISTANCE

of at least 3 feet away from people who shows symptoms of flu, and avoid crowded places.

**3**

## AVOID TOUCHING

your mouth, nose and face with your hands, as well as any potentially contaminated surface like hand rails, etc.

**4**

## WHEN SNEEZING OR COUGHING

cover your mouth and nose with a disposable tissue, or use your upper sleeves (not your hands!)

**5**

## IF YOU HAVE SYMPTOMS

such as cough, fever or breathing problems, don't panic! stay at home and call your doctor or the number below.

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1-800-YOUR-CITY