Precautions to Help Stop Coronavirus (COVID-19)

➢ **STAY** home

➢ **KEEP** safe distance

➢ **WASH** hands regularly

➢ **COVER** your cough and sneeze

➢ **SICK ?** Call the helpline

You can protect yourself and help prevent spreading the virus to others if you:

Do

- ✓ Wash your hands regularly for 20 seconds, with soap and water or alcohol-based rub
- ✓ Avoid crowded places
- ✓ Cover your nose and mouth with disposable tissue, handkerchief or flexed elbow when you cough or sneeze
- ✓ Stay more than one arm's length distance from people who are unwell
- ✓ Drink plenty of water/liquids and eat nutritious food
- ✓ Take adequate sleep and rest
- ✓ Stay home, self-isolated from others and consult a doctor if you feel unwell

Don't

- o Touch eyes, nose or mouth with unwashed hands while coughing or sneezing
- o Hug, shake hands and touch others while greeting
- o Spit in public places
- o Take medicines without consulting doctor
- o Throw used napkin or tissue paper in open areas
- o Touch surfaces usually used by public (Railing, door, gate etc.)