



BASIC PROTECTIVE MEASURES AGAINST CORONA VIRUS (COVID-19)

✓ MAINTAIN HAND HYGIENE

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for 30 seconds (Follow steps of handwashing given by WHO).



✓ MAINTAIN SOCIAL DISTANCE

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. From there, the virus can enter your body and can make you sick.



✓ PRACTICE RESPIRATORY HYGIENE

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.



✓ SEEK MEDICAL CARE IN CASE OF FEVER, COUGH AND DIFFICULTY BREATHING

Stay at home if you are unwell. If you have fever, cough and difficulty breathing seek medical attention and call helpline in advance. Follow the directions of your local health authority.



✓ STAY INFORMED AND FOLLOW ADVICE GIVEN BY YOUR HEALTHCARE PROVIDER

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

