

CORONAVIRUS



Basic protective measures against COVID-19

Take care of your health and protect others by doing the following



Wash your hands frequently

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands



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

When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease



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

This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately since the droplets spread virus



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. Follow the directions of your local health authority



Stay informed and follow the advice given by your healthcare provider

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