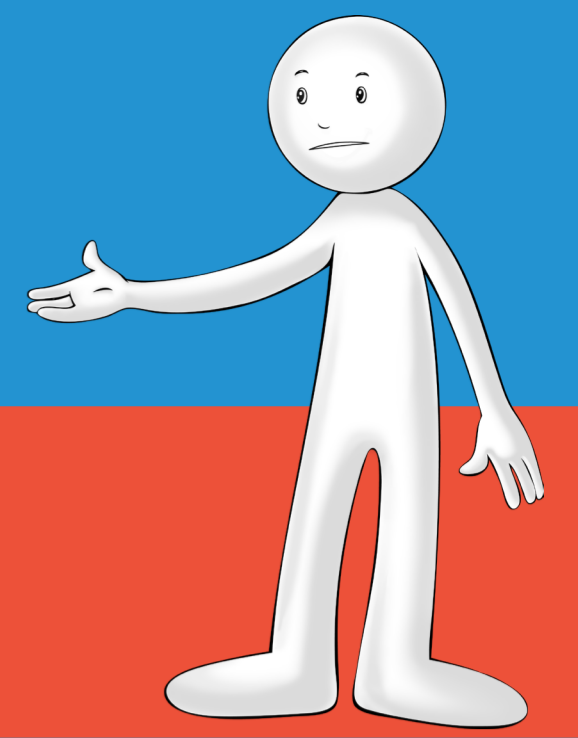
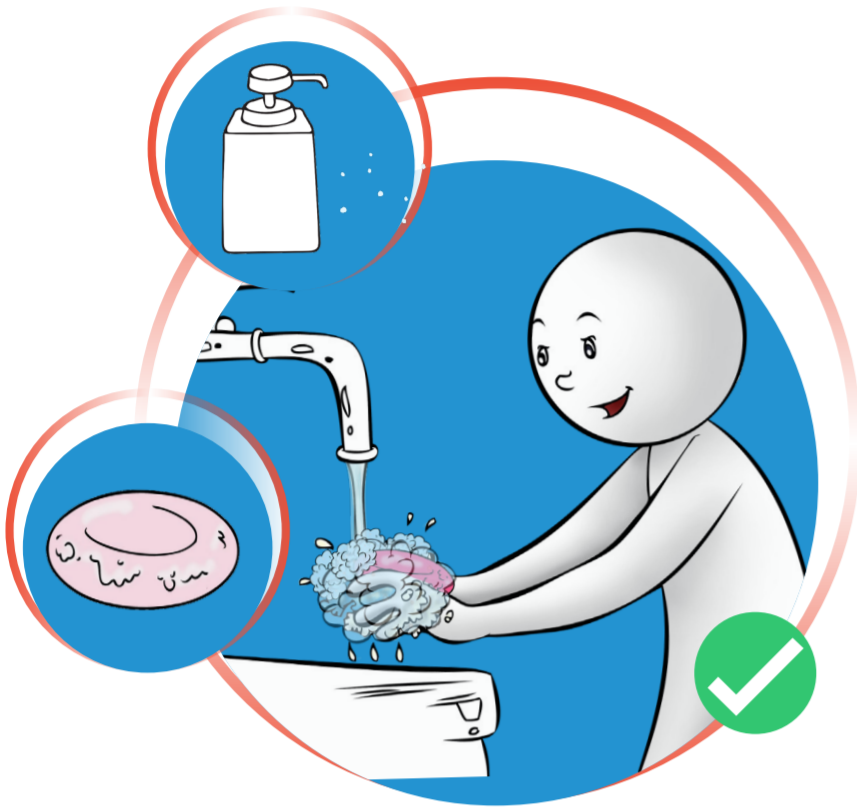


Coronavirus Disease 2019 (COVID-19)



How to protect yourself and others from infection

Follow these good practices



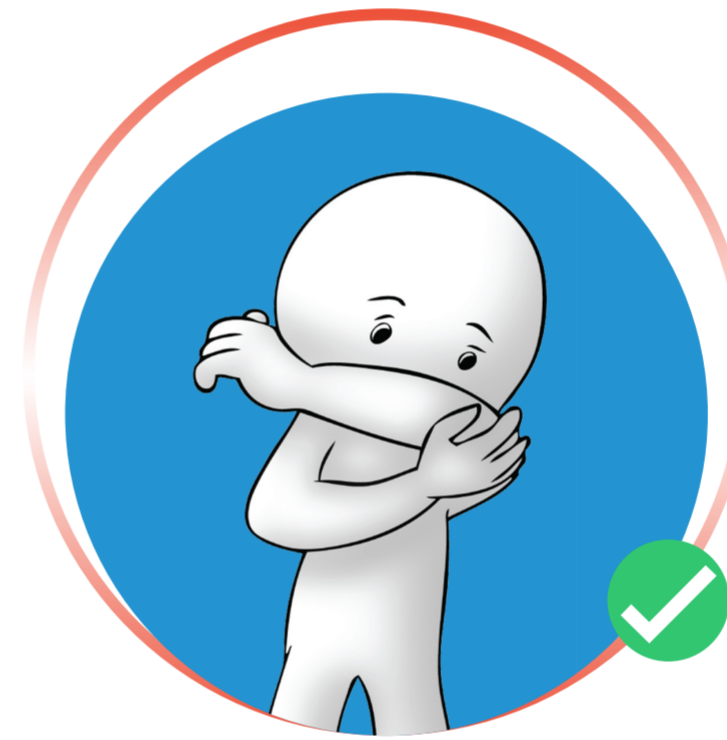
Always wash your hands with soap and running water when hands are visibly dirty. If your hands are not visibly dirty you can use an alcohol-based hand rub or soap and water.



Contact your nearest health care provider if you have fever and either cough or difficulty breathing, along with a history of travelling to one of the epidemic countries.



Cover your mouth and nose with disposable tissue when coughing or sneezing and dispose of tissue immediately after use.



Cough or sneeze into your upper sleeve or bended arm if a tissue is not available.

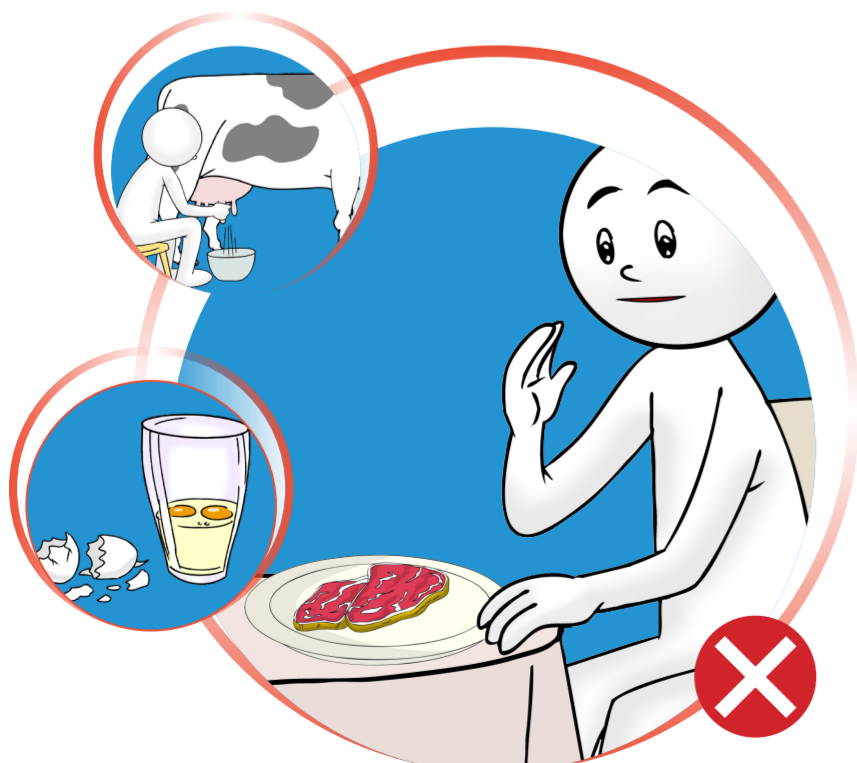
Things to avoid



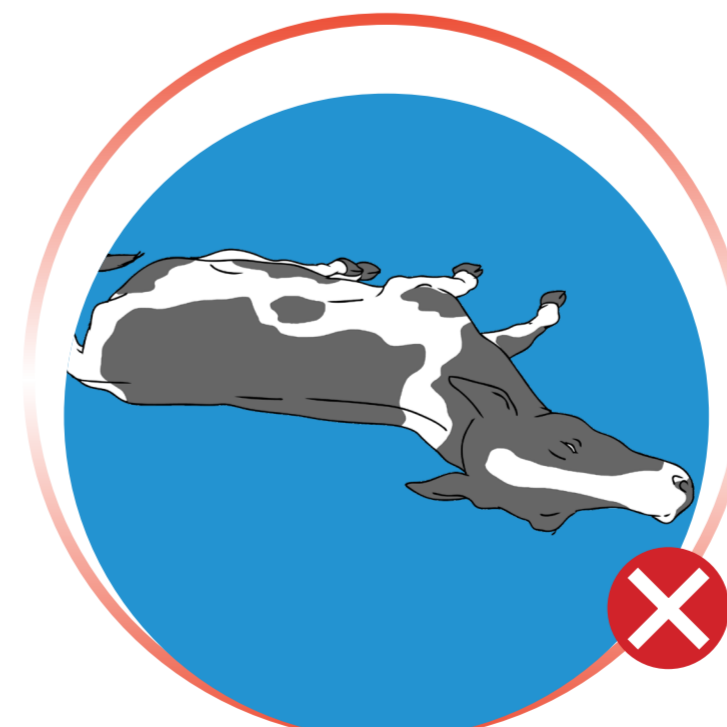
Avoid close contact with people who have travelled from the areas experiencing an outbreak or those who show cold or flu-like symptoms.



Avoid direct unprotected contact with live farm or wild animals, as well as surfaces in contact with animals.



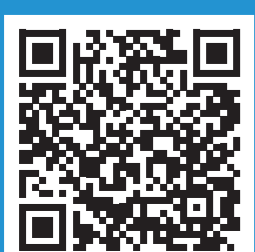
Avoid eating or drinking uncooked animal products, including raw meat, eggs and milk.



Avoid eating animals that have died of disease.

WHO-EM/CSR/255/E

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