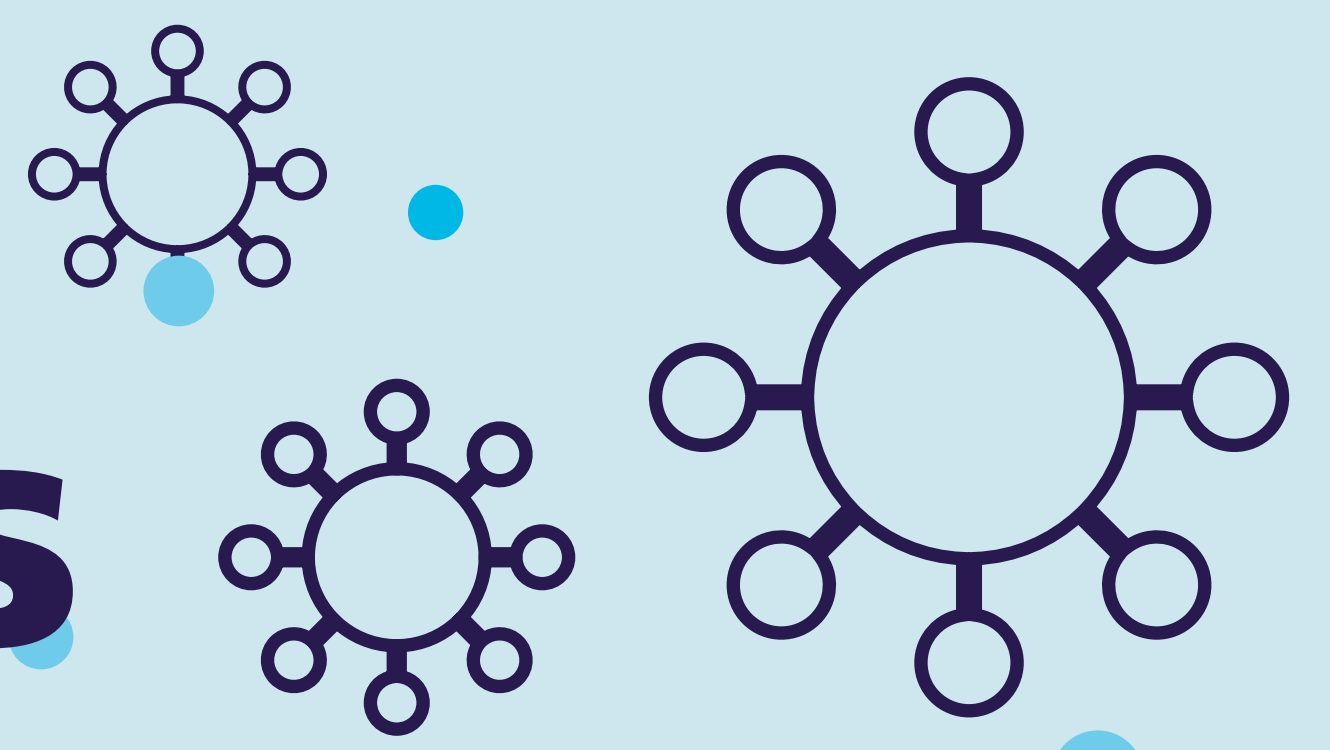


Protect yourself from coronavirus



**Coronavirus (COVID-19) is a new respiratory disease.
It spreads mainly from person to person.**

PROTECT YOURSELF AND OTHERS FROM GETTING SICK



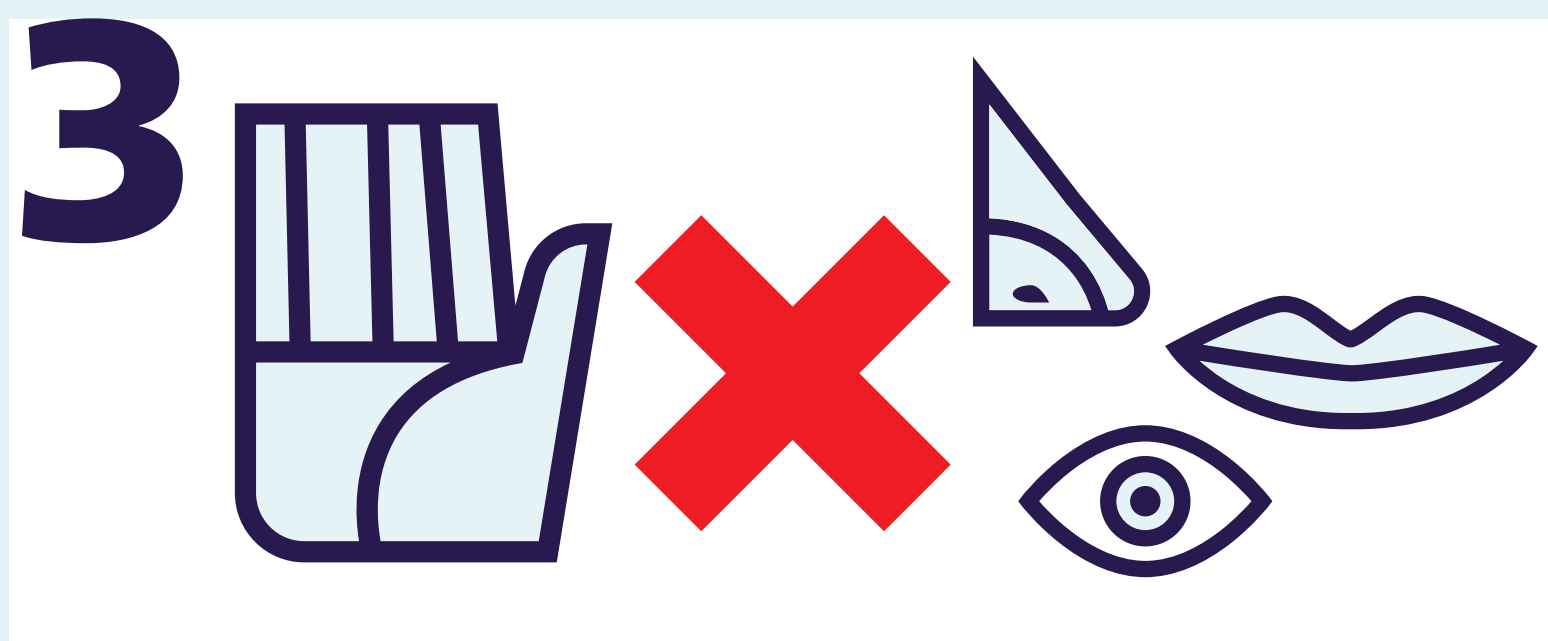
Wash your hands regularly with water and soap or use an alcohol-based hand sanitizer.

Why? It kills the viruses that may be on your hands.



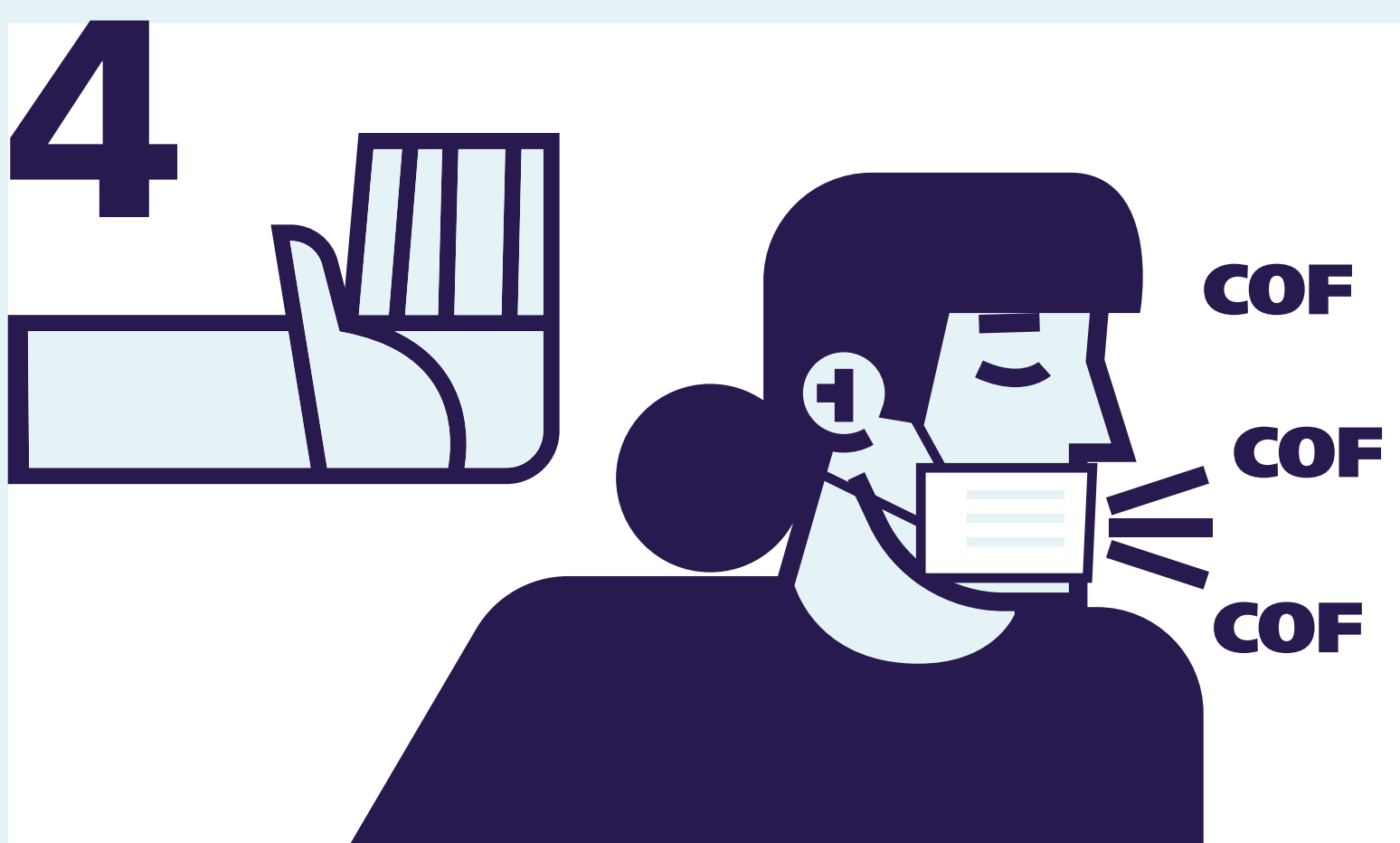
If you cough or sneeze, cover your mouth and nose with your flexed elbow or with a tissue. Throw away the used tissue and wash your hands.

Why? Covering your mouth and nose while coughing or sneezing prevents germs and viruses from spreading. If you do it with your hands you can contaminate the objects and people you touch.



Avoid touching your eyes, nose and mouth.

Why? Your hands touch many surfaces that can be contaminated with the virus. Touching your eyes, nose or mouth with your contaminated hands puts you at greater risk of getting infected.



Keep your distance! Keep as far away as possible from other persons, especially those who cough, sneeze or have a fever.

Not all persons who cough or sneeze have coronavirus. If you identify somebody in this situation and you are concerned, please raise the matter with the person who is in charge of the space that you are in.

Why? When someone with a respiratory disease (such as coronavirus) coughs or sneezes, they spread small liquid droplets which may contain the virus. If you are too close to them, you could breathe in the virus.



If you have a fever, cough and difficulty breathing, seek medical care as soon as possible. Inform the doctor of all the places you have been to recently. Do not self medicate!

Why? Fever, coughing and difficulty breathing are symptoms that may be related a respiratory infection or other serious condition. Symptoms can have several causes, and depending on your travel history and personal situation, coronavirus (COVID-19) could be the cause of your symptoms.

Source: OPS/OMS