

PREVENT THE SPREAD OF COVID-19 IN 7 STEPS



#COVID19 #CORONAVIRUS

SOURCE: WORLD HEALTH ORGANIZATION

01.

Wash your hands
frequently



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02.

Avoid touching
your eyes, nose
and mouth

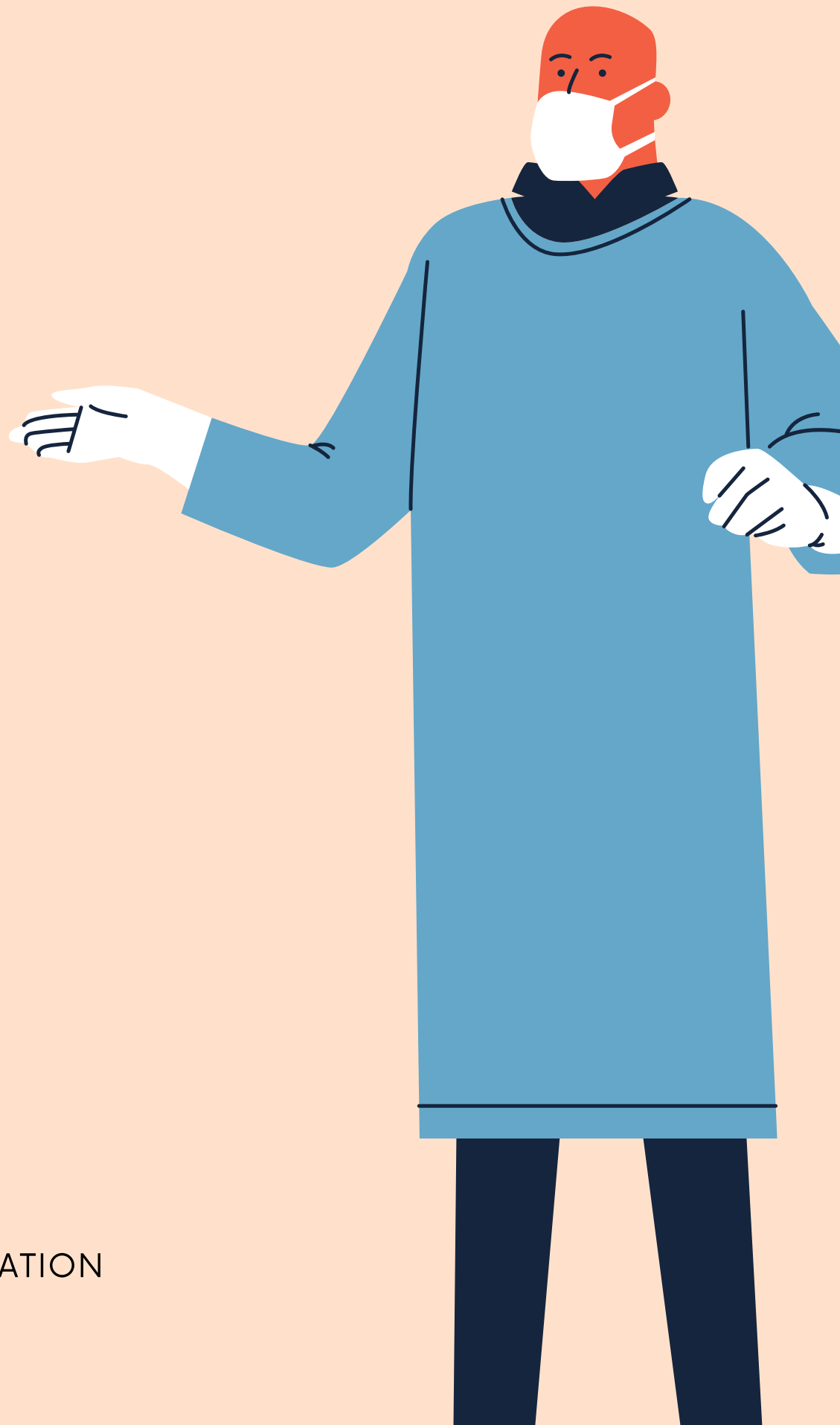


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03.

Cover your
cough using the
bend of your
elbow or a tissue

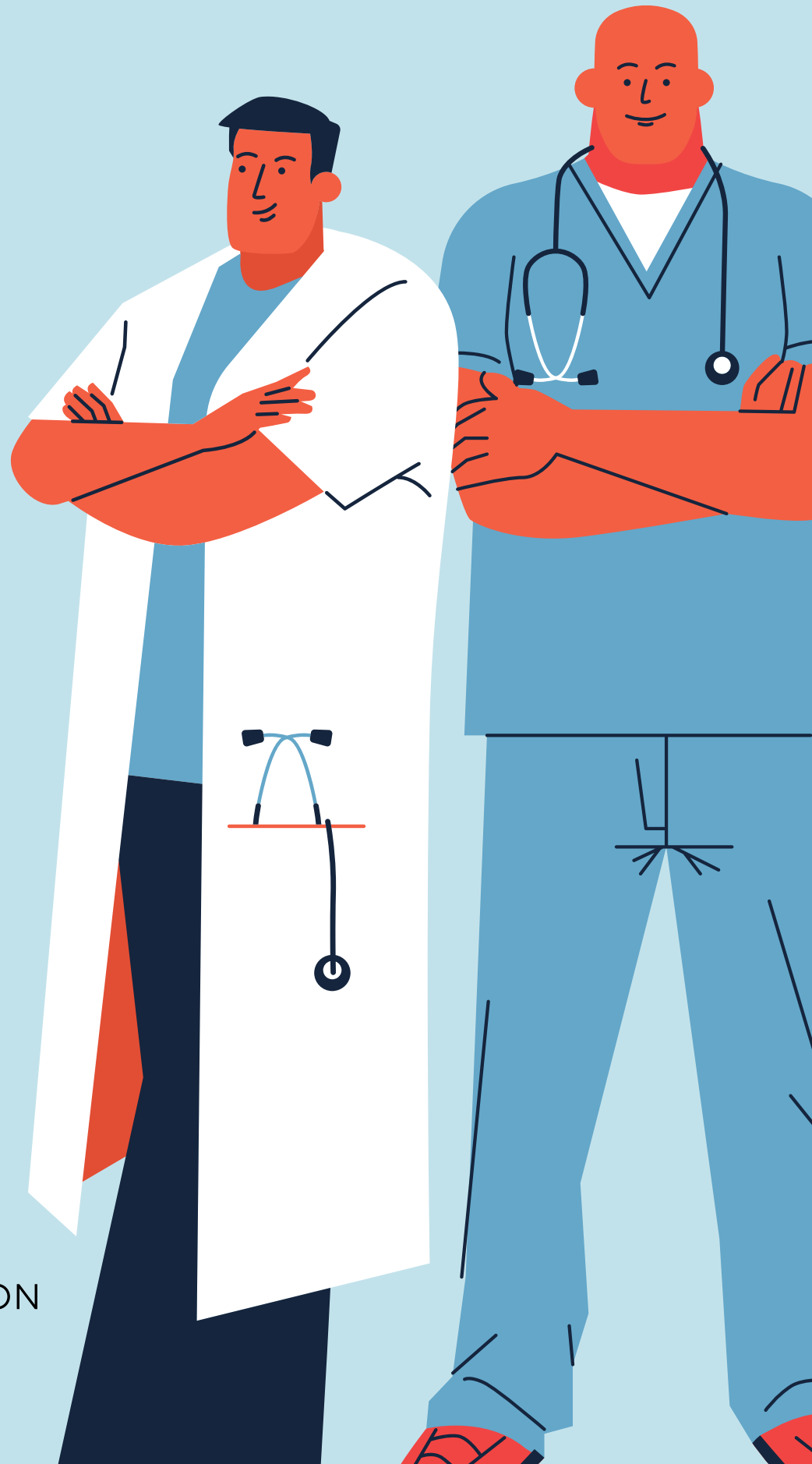


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04.

Avoid crowded places and close contact with anyone that has fever or cough



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05.

Stay at home
if you feel unwell



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06.

If you have a fever,
cough and difficulty
breathing, seek
medical care early
— but call first



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07.

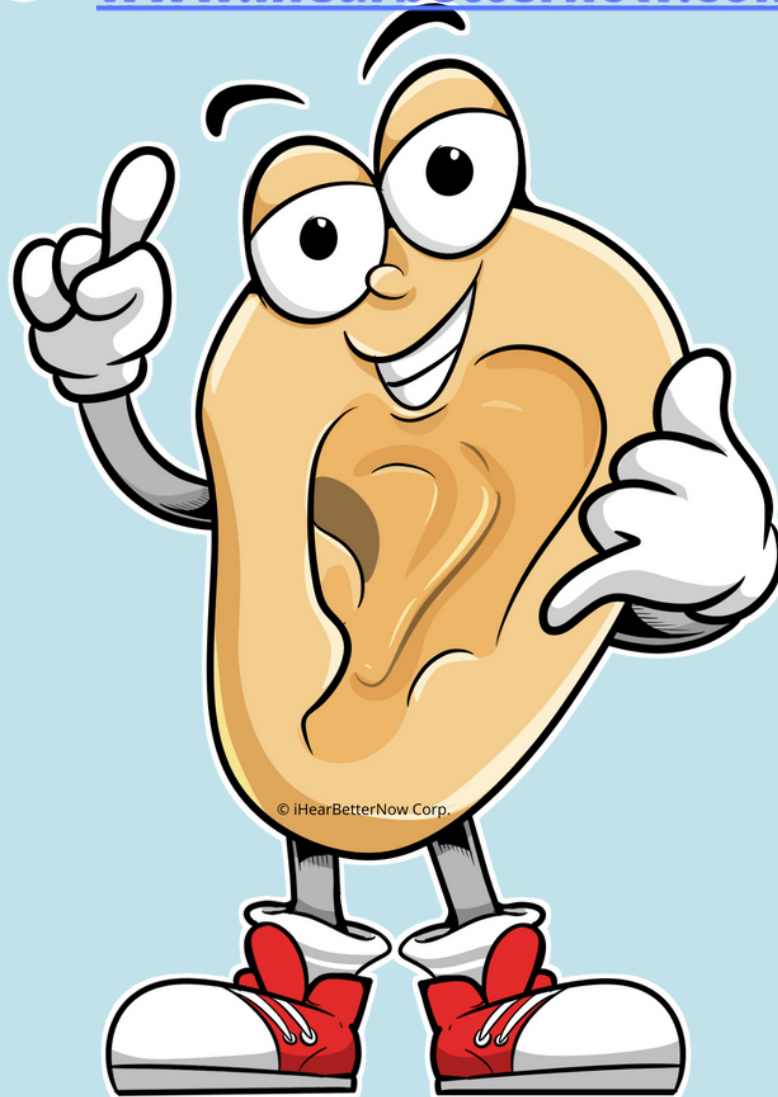
Get information
from trusted sources



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a friendly reminder from



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