

Protect yourself and others!



HELP US TO HELP YOU

Follow these Do's and Don'ts

Do's



- **Wash your hands**
often and regularly, for at least 20 seconds, with soap and running water or with an alcohol-based rub.
- **Practice respiratory etiquette**
by coughing or sneezing into your flexed elbow or by covering your nose and mouth with a single-use disposable tissue.
Throw used tissues into a closed waste- bin immediately after use.
- **Wear a mask**
over your nose and mouth if you are taking care of a person with suspected COVID 2019 infection or if you are coughing or sneezing.
Dispose the used mask properly into a closed waste- bin immediately after use.
- **Practice social distancing**
by keeping a safe distance by of 1 meter, and by staying at home if you are unwell.
- **Inform over phone**
to your doctor or your local health authority, or your national health helpline, in case you develop fever, cough, cold or breathing difficulty.
- **Follow the instructions**
from your doctor, or from your local health authority, or your national health helpline, when seeking medical care.
- **Stay updated with latest information**
on COVID-19 and on how to prevent the spread of infection, from reliable sources.
- **Disclose your travel history over phone**
to your healthcare provider and seek medical care immediately, if you have returned from areas where COVID-19 is present, and are feeling ill even with mild symptoms such as headache, stuffy or runny nose, or have developed more severe symptoms such as fever, cough and breathing difficulty.

Don'ts



- Don't touch your face, eyes, nose, or mouth without washing your hands.
- Don't hug, kiss or shake hands with anyone who is ill or has a cough, cold or fever.
- Don't come in close contact with anyone, if you are unwell or have a cough, cold or fever.
- Don't spit in public