

Novel Coronavirus (COVID19)

Follow these **Dos** & **Don'ts**
Protect yourself and others!



Dos

- Observe good personal hygiene
- Practise frequent handwashing with soap in running water
- Cover your mouth while sneezing & coughing
- Throw used tissue into a closed bin immediately after use
- See a doctor if you feel unwell



Don'ts

- Have a close contact with anyone, if you are experiencing cough & fever
- Spit in Public
- Contact with live animals or consumption of raw & uncooked meat
- Travel to farms or live animal markets where animals are slaughtered

Novel Coronavirus (COVID19)

Basic Protective Measures For All



Help us to
help you

- > Wash your hands frequently
- > Maintain social distancing
- > Avoid touching your eyes, nose and mouth
- > Practice respiratory hygiene by covering your mouth and nose with your bent elbow or tissue when you cough or sneeze
- > If you have fever, cough and difficulty breathing, seek medical care at the earliest
- > Stay informed and follow the advice given by your healthcare provider