

Protect yourself and loved ones from coronavirus



Wash your hands regularly for at least 20 seconds with **soap** and **water**.



Cover your mouth and nose while **sneezing** or **coughing**.



Avoid close contact with anyone who has a cold or flu-like symptoms.

C O V I D - 1 9

Stop touching your **face** to reduce your chances of infection.



Clean and **disinfect** frequently touched objects and surfaces.



If you have **fever, cough** and **difficulty breathing**, seek medical care.

