

COVID-19

Common Sense Precautions

Wash Hands

Do this: Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water

Why: Scrubbing your hands for more than 20 seconds at a time kills the viruses that may be lurking there

Cover up

Do this: Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and dispose of the used tissue immediately

Why: Droplets spread viruses. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

Keep Back

Do this: Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing

Why: When people cough and sneeze small droplets which may contain the virus are expelled, if you are too close you can breathe them in

Avoid the Face

Do this: Avoid touching eyes, nose and mouth

Why: Hands touch many surfaces and can easily pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth

Stay at Home

Do this: If you feel unwell stay at home. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance

Why: Call in advance to allow your health care provider to direct you to the right health facility - this will also protect you and help prevent spreading