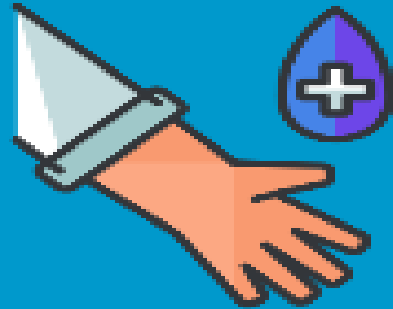


Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health
Organization

Protect yourself and others from getting sick

Wash your hands

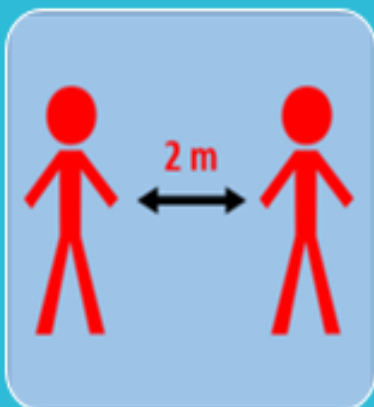


- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health
Organization

Reducing Transmission



Stay at least 2 meters away from other people.

Avoid touching other people (no hand shakes, hugs, kisses etc.)

Safe greetings include a wave, a nod, or a bow.



Avoid close contact with anyone that has a fever or cough.



Avoid touching your eyes, nose and mouth with unwashed hands.



Stay home if you have:

- a fever (more than 38.5 degrees),
- a cough, or
- trouble breathing



Things that people touch should be cleaned with soap or alcohol – based solutions:

- tables,
- doorknobs,
- light switches,
- countertops,
- handles,
- toilets,
- sinks,
- and other surfaces

Symptoms may appear 2-14 days after exposure

KNOW THE SYMPTOMS OF COVID-19

More than
38.5 degrees



FEVER



COUGH



SHORTNESS OF BREATH