Coronavirus COVID-19

HOW TO PREVENT

WASH your hands well and often to avoid contamination

COVER your mouth and nose with a tissue or sleeve when coughing or sneezing and discard tissue

AVOID touching eyes, nose, or mouth with unwashed hands

CLEAN and disinfect frequently touched objects and surfaces

STOP shaking hands or hugging when saying hello or greeting other people.

DISTANCE yourself at least 2 meters (6 feet) away from other people, especially those who might be unwell.

SYMPTOMS

FEVER (High Temperature)

COUGH

SHORTNESS OF BREATH

BREATHING DIFFICULTIES

If you have fever or cough you should stay at home regardless of your travel or contact history.