

Prevent the spread of COVID-19 in

7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** Maintain at least 1.5 meters distance from others.
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION