

## **Basic protective measures against the new coronavirus recommended by WHO**

**Stay aware of the latest information on the COVID-19 outbreak. Take care of your health and protect others by doing the following:**

**1- Wash your hands frequently: Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.**

**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

**2-Maintain social distancing: Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.**

**Protect others from getting sick**



**Avoid close contact** when you are experiencing cough and fever

**Avoid spitting in public**



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider



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**3-Avoid touching eyes, nose and mouth**

**STAY HEALTHY WHILE TRAVELLING**

**Avoid close contact** with people suffering from a fever and cough



**Frequently clean hands** by using alcohol-based hand rub or soap and water



**Avoid touching eyes, nose or mouth**



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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



**4- Practice respiratory hygiene:** Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

## Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



**5- If you have fever, cough and difficulty breathing, seek medical care asap: Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.**



**6- Stay informed and follow advice given by your healthcare provider:** Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

**7- Coping with stress during 2019-nCoV outbreak**

## 8- Practice food safety

# Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



**Wash your hands** between handling raw and cooked food.



# Practise food safety

Even in **areas experiencing outbreaks**, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.



## 9- Stay healthy while travelling

### STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have a fever and cough



If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



### STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with animals that are sick



### STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it's on



Immediately discard single-use mask after each use and wash hands after removing masks

