CORONAVIRUS (COVID-19)
SAFETY ADVICE & TIPS

SYMPTOMS
- Fever
- Cough
- Shortness of breath
- Sore throat
- Headache

PREVENTION
- Wash hands with soap & water for at least 20 seconds.
- Avoid contact with sick people.
- Don’t touch eyes, nose, or mouth with unwashed hands.
- Wear a mask.
- Avoid crowded places & maintain 6 feet of distance.
- Avoid contact with animals & animal products.
- Do not share eating utensils or food.
- Don’t eat raw food. Thoroughly cook meat and eggs.
- Avoid travelling to affected areas unless necessary.
- If you become sick, seek medical care immediately.

IF YOU ARE INFECTED
- Stay at home.
- Avoid contact with others.
- Cover your nose & mouth with tissue or elbow when sneezing.
- Put tissues in the trash bin & wash your hands.
- Keep objects and surfaces clean.