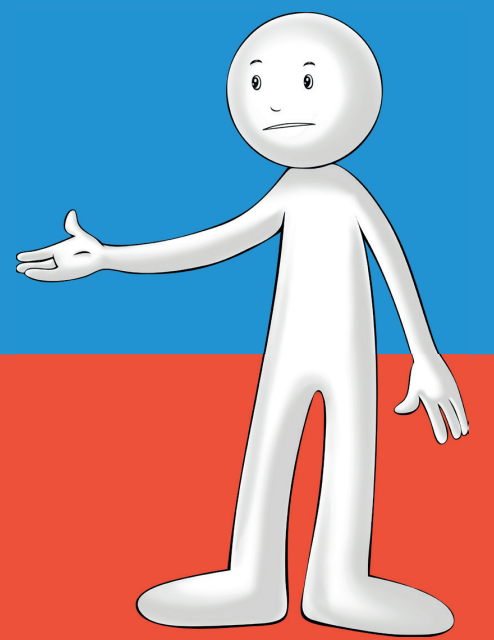
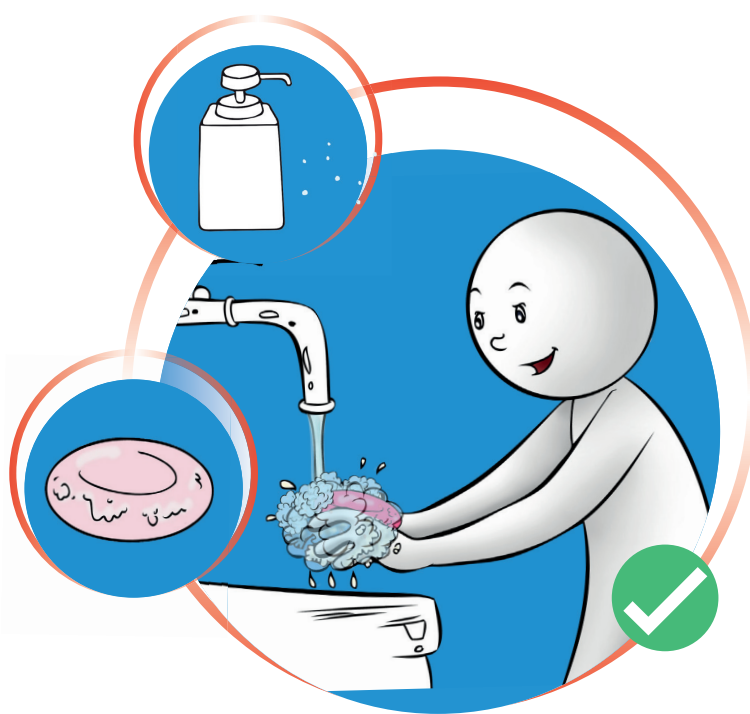


Coronavirus Disease 2019 (COVID-19)

How to protect yourself and others from infection



Follow these good practices



Always wash your hands with soap and running water when hands are visibly dirty. If your hands are not visibly dirty you can use an alcohol-based hand rub or soap and water.



Contact your nearest health care provider if you have fever and either cough or difficulty breathing, along with a history of travelling to one of the epidemic countries.



Cover your mouth and nose with disposable tissue when coughing or sneezing and dispose of tissue immediately after use.



Cough or sneeze into your upper sleeve or bended arm if a tissue is not available.

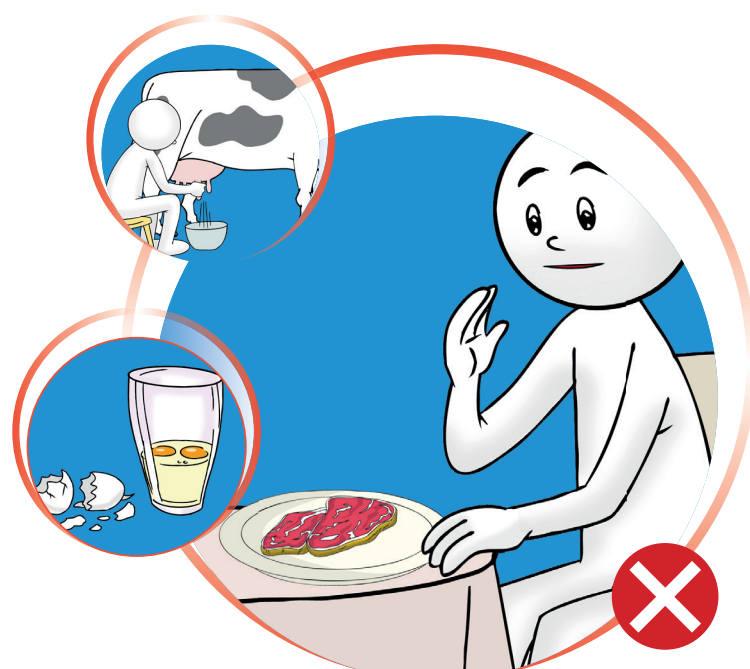
Things to avoid



Avoid close contact with people who have travelled from the areas experiencing an outbreak or those who show cold or flu-like symptoms.



Avoid direct unprotected contact with live farm or wild animals, as well as surfaces in contact with animals.



Avoid eating or drinking uncooked animal products, including raw meat, eggs and milk.



Avoid eating animals that have died of disease.

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



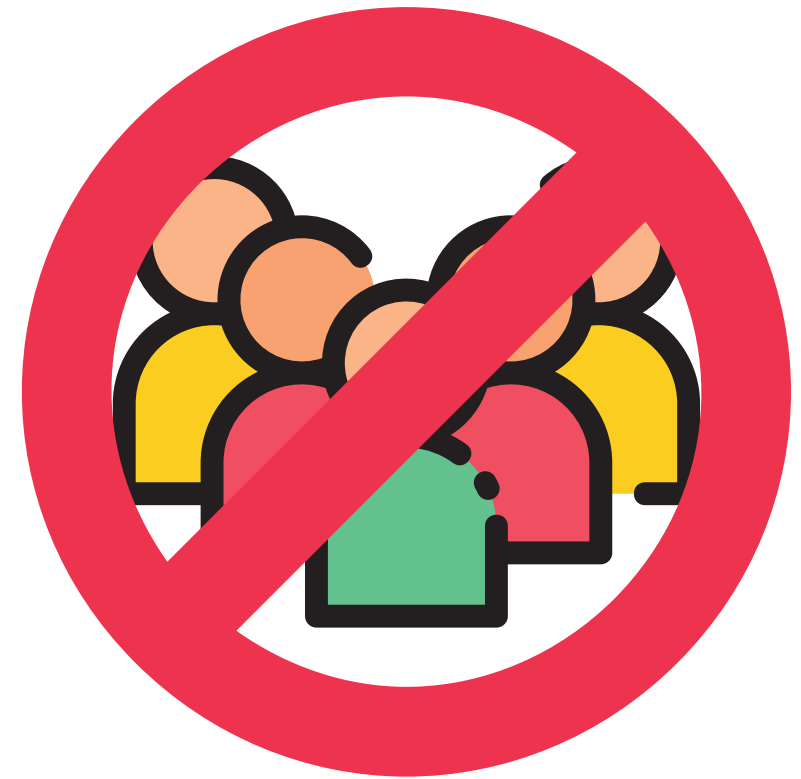
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Protect others from getting sick

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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Organization



MEDSHIELD
medical scheme

Protect 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



Wash your hands

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



If your **hands
are visibly dirty**,
frequently clean
them by using
alcohol-based
hand rub or soap
and water



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