

PUBLIC HEALTH ADVICE ON COVID 19

Stay Healthy and Protect Yourself from Infection

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



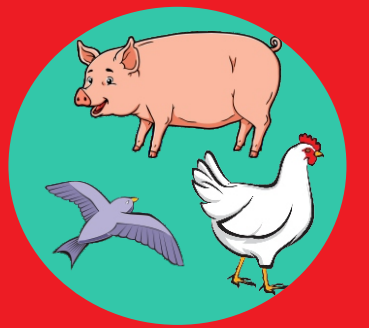
Cover mouth and nose with a medical mask, tissue, or flexed elbow when coughing or sneezing. Wash hands afterwards and discard mask or tissue.

Avoid unprotected close contact with people with fever and cough. Seek medical care if you have a fever, cough and difficulty in breathing.



If you feel sick while travelling, inform crew, seek early medical attention and share travel history.

When visiting the markets, avoid direct unprotected contact with live animals and their surroundings.



Also wash your hands:



- After coughing or sneezing
- When caring for the sick
- Before, during and after preparation of food
- Before eating
- After toilet use
- After handling animals and or animal waste

Protect yourself and others from getting sick

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



Throw used tissue into closed bin immediately.

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



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