PREVENTION OF COVID-19

COVID-19 is transmitted between people via respiratory droplets and contact routes. Precautions must be taken to prevent human-to-human spread of the disease.

- **MAINTAIN PHYSICAL DISTANCING**
  - Keep at least 2 metres (6 feet) away from persons that do not live in your household

- **HAND HYGIENE**
  - Wash your hands with soap and running water (20 seconds) or use an alcohol based hand rub (60-80% ethanol or isopropanol)

- **FACE MASKS**
  - Use face masks in public spaces, e.g. wear a face mask when going to the grocery or market

- **AVOID TOUCHING YOUR FACE**
  - Avoid touching your face, especially your eyes, nose and mouth

- **COUGH AND SNEEZE ETIQUETTE**
  - Cough and sneeze into your elbow or sleeve, if tissue is not available

- **SEEK MEDICAL ATTENTION**
  - If you have fever, cough and difficulty breathing, seek medical attention early and share previous travel history

- **STAY HOME IF ILL**
  - If you develop symptoms, stay home; seek medical care

- **AVOID GATHERINGS**
  - Avoid crowds and mass gatherings

- **AVOID CONTACT**
  - Avoid touching, hugging and hand shaking


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