



## PROTECT OTHERS FROM GETTING SICK

Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others.

- When coughing and sneezing cover mouth and nose with flexed elbow or tissue.
- Avoid close contact when you are experiencing cough and fever.

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

- Throw tissue into closed bin immediately after use
- Avoid spitting in public



## WASH YOUR HANDS

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

- After coughing or sneezing
- When caring for the sick

Eventhough your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water.

- Before, during and after you prepare food
- After handling animals or animal waste
- Before eating
- After using toilet