PROTECT YOURSELF AND OTHERS FROM INFECTION

How to protect yourself and others from infection:

- Wash your hands regularly with soap and water or use a hand sanitizer.
- Cover your mouth and nose when you sneeze, and dispose of used tissues.
- Avoid touching your eyes, nose and mouth with your hands.
- Avoid close contact with anyone showing symptoms of respiratory illness.
- If you experience symptoms including cough, sneezing, and fever, limit your contact with other people.

For more info. on novel coronavirus (COVID-19) visit www.moph.gov.qa or call 16000

Qatar Red Crescent

Hamad Medical Corporation

Prevent Health Care Corporation

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