

# PROTECT YOURSELF FROM THE CORONAVIRUS DISEASE-2019 (COVID-19)

**Make sure you wash your hands with soap and water. If soap and water are not available, clean your hands with hand sanitizer**



**Always wash your hands:**

- After coughing or sneezing
- Before, during and after preparing food
- Before eating
- After using the restroom
- When caring for patients

**When coughing or sneezing:**

- Cover your nose and mouth with a clean napkin, make sure to throw the used napkin in the trash immediately and wash your hands directly afterwards
- If a napkin is not available, make sure you use the top of your sleeve, not your hands



**Avoid touching your nose, eyes and mouth**

**Try to avoid close contact with people who show symptoms of respiratory diseases such as coughing or sneezing**



**Avoid any unnecessary travels and avoid traveling to countries that have a wide spread of the disease**

**If you weren't traveling, or came in contact with someone who returned from abroad, in the past two weeks and you have symptoms such as coughing, sneezing or fever:**

- Use a face mask if available
- Avoid close contact with others
- Increase fluid intake, and take fever lowering medications when necessary
- Visit the nearest health center or hospital if the symptoms become worse



**If you have returned from abroad or came in contact with someone who has traveled in the past two weeks, and you are showing symptoms such as coughing, sneezing or fever; avoid any contact with others and call our call center immediately: 16000**

**For Further Information, Contact Our Call Center: 16000**

