

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

**Stay at home and only go out when necessary,
this also includes your household workers**



Explain to your household workers the precautionary measures to take, and to avoid being in contact with workers outside your home



Avoid social gatherings

Keep at least a 2-meter distance between yourself and others



Avoid close contact with people who show symptoms of respiratory diseases such as coughing or sneezing

Make sure you wash your hands with soap and water. If soap and water are not available, disinfect your hands with alcohol-based hand sanitizer



Avoid touching your nose, mouth, and eyes

When coughing or sneezing:

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



If you are showing symptoms such as coughing, sneezing, or fever;

- Use a face mask
- Avoid close contact with others
- Increase fluid intake, and take fever lowering medications when necessary
- If your symptoms become worse, contact our call center immediately: 16000

For Further Information, Contact Our Call Center: 16000

