

# Basic Protection against the Corona-Virus



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 by doing the following:

## Wash your hands frequently

Regularly and thoroughly wash your hands with soap and water for 30 sec. **Why?** Washing your hands with soap and water kills viruses that may be on your hands.



## Do not shake hands

**Why?** Hands touch many surfaces and can pick up viruses. This way the virus can travel from hand to hand.



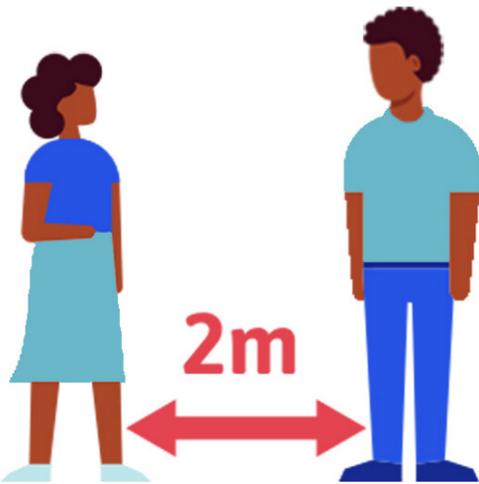
## Avoid touching eyes, nose and mouth

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

## Maintain physical distancing

Maintain at least 1–2 metres distance between yourself and anyone else except for people who share a household.

**Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



## Practice respiratory hygiene

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.



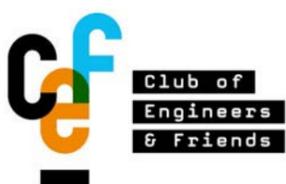
## If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.



## Hotline:

**Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.



More information on WHO website:

[www.who.int](http://www.who.int)