

TOPIC : PROTECT YOURSELF AND LOVED ONES FROM CORONAVIRUS

PROTECT YOURSELF & OTHERS

WASH YOUR HANDS FREQUENTLY
It's easy to wash your hands, including if you have soap under your nails for 20 seconds. Or use alcohol-based hand sanitizer.



DO NOT TOUCH YOUR FACE
Do not touch your face, nose, or mouth with unwashed hands.



CLEAN SURFACES REGULARLY
Clean commonly used surfaces such as phones, computers, keyboards, countertops, cabinets and handles.



COUGH OR SNEEZE INTO YOUR ELBOW
Do not sneeze into your hand. If you use tissue, dispose of it right away.



STAY HOME WHEN YOU ARE SICK
Be safe if you feel sick, stay home.



PREVENT THE FLU. GET VACCINATED.
Be sure to receive your flu vaccine as soon as possible.



WEAR A CLOTH FACE COVERING IN PUBLIC SETTINGS
The CDC recommends wearing cloth face coverings in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).



INTRODUCTION : CORONAVIRUS HAS AFFECTED PEOPLE ALL OVER THE WORLD AND ITS FAST SPREAD HAS LED TO A CRISIS. WITH ACCURATE INFORMATION AND PRECAUTIONARY MEASURES, INDIVIDUALS CAN PROTECT THEMSELVES AND THEIR LOVED ONES..

Wash your hands: wet your hands with clean, running water and apply soap. Lather your hands, including the backs, between your fingers, and under your nails and scrub for at least 20 seconds.



avoid close contact with anyone who has a cold or flu-like symptoms.

Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the bin and wash your hands. If you do not have a tissue to hand, cough or sneeze into your elbow rather than your hands.



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

