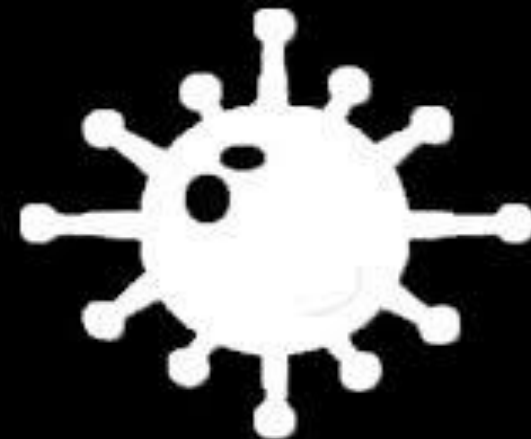


How to protect yourself against the **coronavirus**



Made by:

Aly Salman Karim Jumani

3S

WASH HAND &
USE OF SANITIZER
Frequently



WASH YOUR HANDS FREQUENTLY

Use an alcohol-based hand rub or warm water and soap

COVER YOUR
MOUTH AND
NOSE



COVER YOUR MOUTH AND NOSE

With tissue or flexed elbow when sneezing or coughing

USE OF ELBOW



MAINTAIN
SOCIAL
DISTANCE



What is social distancing?



Social distancing is encouraging people to keep their physical distance from each other during the outbreak of viruses.

How can you maintain social distancing?

- ◀ Maintain **1 METER** between yourself and others. ▶
- ◀ Reduce socializing in public places. ▶
- ◀ Avoid unimportant travel and public transport. ▶
- ◀ Stay home if sick. ▶

AVOID TOUCHING
EYES, NOSE AND
MOUTH



**AVOID TOUCHING YOUR
EYES, NOSE OR MOUTH
TO NOT SPREAD GERMS**

How should I greet another person to avoid catching the new coronavirus?

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.



Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



Be **READY** for #coronavirus

WHO is giving advice on how to protect ourselves & others:



Be **SAFE** from coronavirus infection

Be **SMART** & inform yourself about it

Be **KIND** & support one another

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19



UNITED NATIONS



World Health
Organization

For any further queries, contact the Ministry of Health & Family Welfare on their 24*7 helpline number (+91-11-23978046) or email at (ncov2019@gmail.com).

**Still have questions regarding Novel Coronavirus? Share it with us and we will try to answer it for you: <http://1-mg.in/2lAcs0Bay>
Follow this article for regular and authentic updates on Novel Coronavirus:**

<https://www.1mg.com/articles/coronavirus-all-your-questions-answered/>

References:

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Harvard Medical School. Coronavirus: Many questions, some answers.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/>

Note: All information and numbers are as available and reported on March 7, 2020.

Disclaimer: This piece is for informational purpose only, it is not a substitute to a doctor's advice or any professional medical advice.