

Protect yourself from the new Coronavirus (COVID-19)



Always wash your hands:

- After coughing or sneezing
- After using the washroom
- Before, during, and after preparing food
- When your hands are dirty
- Before eating
- After handling animals

Make sure to wash your hands with soap and water.

If soap and water are not available, clean your hands with hand sanitizer.



Avoid touching your nose, eyes, and mouth with unwashed hands.

If you have flu symptoms, use a face mask to avoid infecting others.



Try to avoid any contact with people who show symptoms of respiratory diseases, such as coughing or sneezing.

Avoid contact with sick, stray, or dead animals.



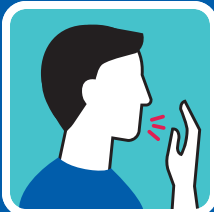
Make sure you eat a healthy, balanced diet. Thoroughly wash fruits and vegetables before eating.

Make sure to thoroughly cook your food, especially meat and eggs. Avoid raw food.



Avoid unnecessary travel.

Visit your nearest health centre or hospital if you have any flu symptoms.



Coughing or sneezing?

- Cover your nose and mouth with a clean tissue or napkin and make sure to throw it in the trash immediately after use.
- If tissues or napkins are not available, cough or sneeze into your sleeve, not your hands.

