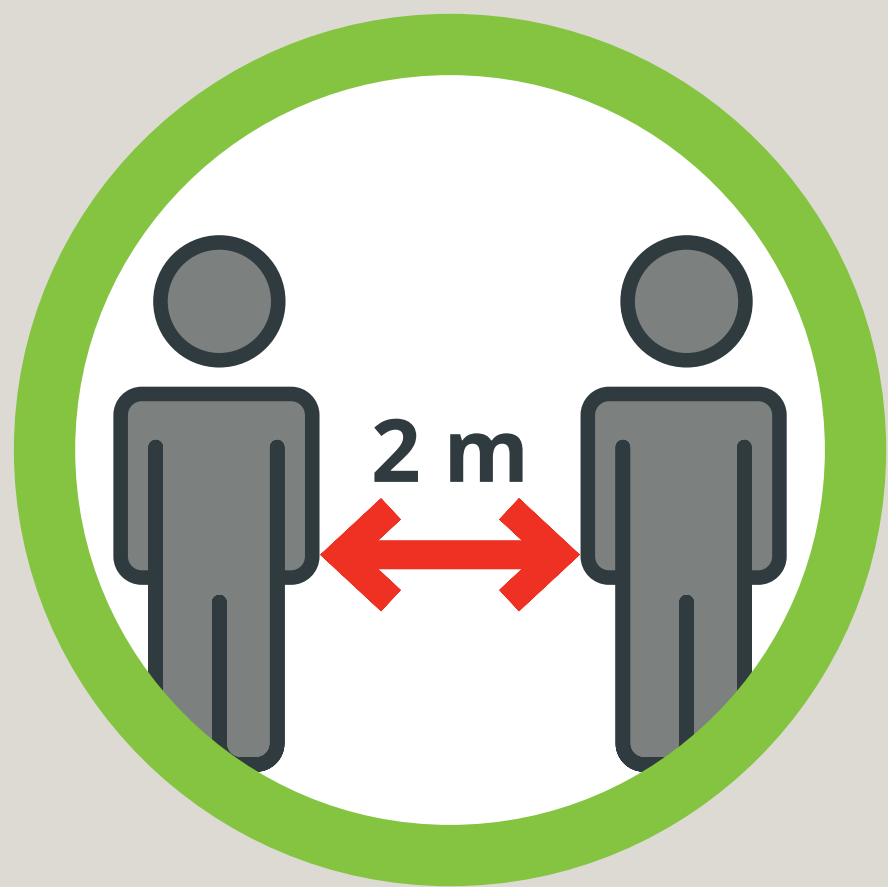


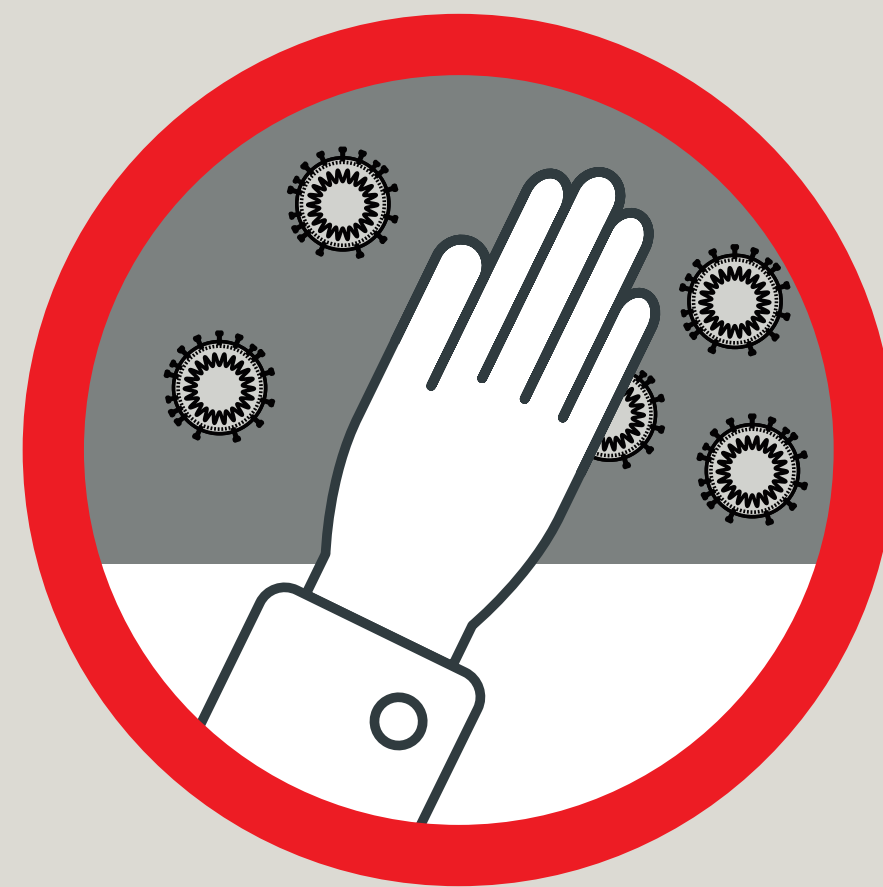
# BASIC PROTECTIVE MEASURES AGAINST COVID-19



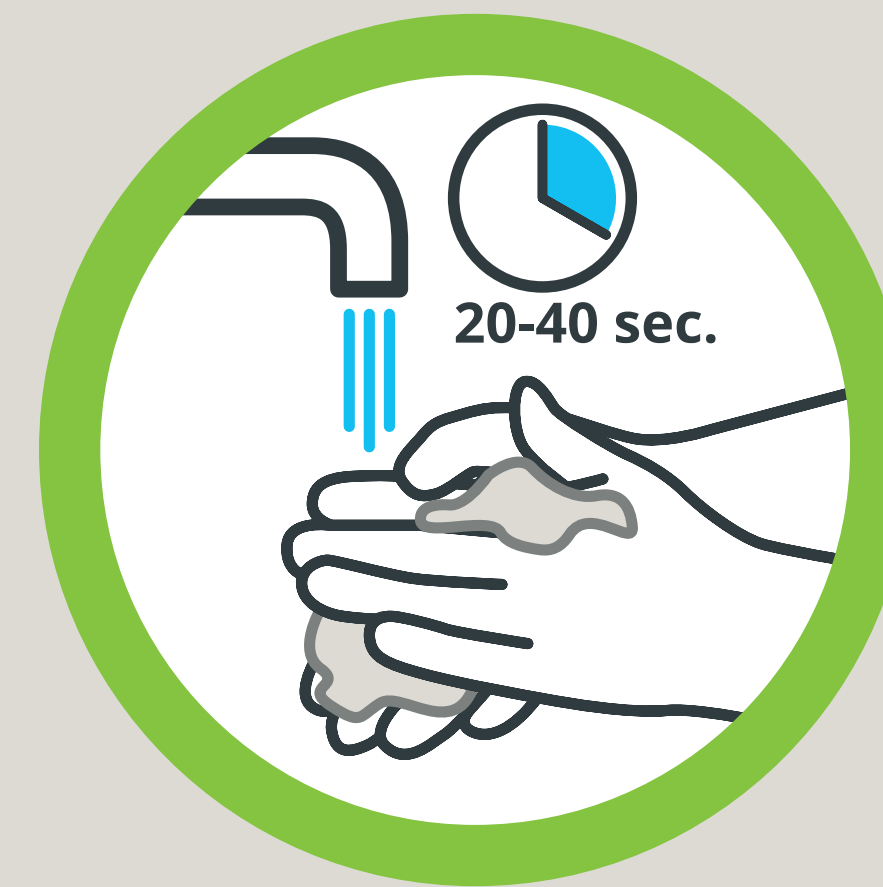
**Stay 2 m  
apart**



**Avoid direct  
contact with others**  
(cheek and nose greetings,  
shaking hands, kissing and  
hugging)



**Avoid direct  
contact with  
surfaces**



**Wash your  
hands with soap  
and water  
frequently**



**Use hand  
alcohol-based  
hand rub**  
if soap and water  
are not available



**Do not touch  
your eyes, nose  
and mouth  
with unwashed  
hands**



**Cover your mouth  
and nose with your  
bent elbow not your  
hand when you  
cough or sneeze**



**Cover your  
mouth and nose  
with your bent  
elbow when you  
cough or sneeze**



**Or cover your  
mouth and nose  
with tissue  
when you cough  
or sneeze**



**Dispose of the  
used tissue  
immediately**



**Avoid travel**



**Stay home if  
you feel unwell**



**Wear face mask  
if you have  
COVID-19 or any  
symptoms of it**



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



**Work from  
home if  
possible**