

WEAR A MASK

BY WEARING A MASK, YOU PROTECT OTHERS.



Clean your hands first



Make sure mask is clean and not damaged



Cover your mouth, nose and chin without leaving gaps



Avoid touching the mask



Clean your hands before touching the mask

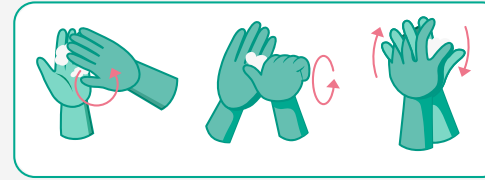
WASH YOUR HANDS

CLEAN YOUR HANDS FREQUENTLY!

Wash your hands : for 20 to 30 seconds



Wet hands and apply soap to all the hand surface



Rub palms, rub palm over dorsum of both sides, interlace fingers and clean thumbs



Rinse with water and dry with single use towel



Use towel to close faucet

KEEP YOUR DISTANCE

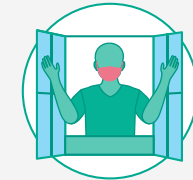
FOLLOW SOME BASIC PRECAUTIONS



Keep your distance at least 1.5m



Sneeze into your elbow



Keep the windows open



Avoid crowds



Celebrate with immediate family

IF YOU FEEL SICK

DON'T BE THE WEAKEST LINK



Stay at home



Self- isolate



Stay hydrated



Seek medical attention