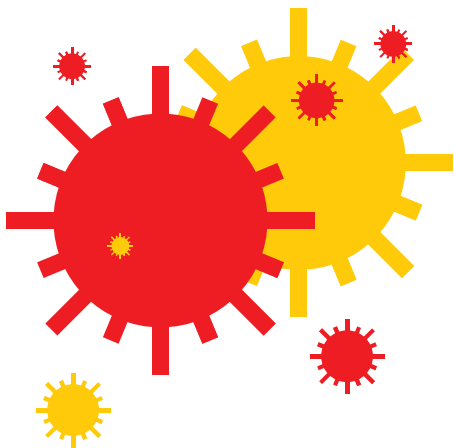


# 5 TIPS

to protect  
yourself and  
others from  
getting sick



Based on the World Health Organization's recommended practices to reduce the spread of transmissible diseases.



**Clean hands frequently** using an alcohol-based hand rub or soap and water.



When coughing and sneezing **cover mouth and nose** – then throw the tissue away and wash your hands.



If you have a fever, cough and difficulty breathing **seek medical attention early.**

If appropriate, use simple social distancing techniques, e.g. fewer handshakes.

**Avoid close contact** with anyone who clearly has a fever and cough.

