

# COVID-19 Prevention Messages

**COVID-19: ways to help protect yourself and your loved ones** 

**LEARN**

 **Be aware** that not everything you hear about coronavirus may be true

 **Stay updated** and use information from trusted sources, like your health authority, World Health Organisation (WHO) or your local Red Cross or Red Crescent

**COVID-19: ways to help protect yourself and your loved ones** 

**ACT**

 Wash your hands often and avoid touching your face

 Stay home if you have a fever or cough

 Avoid handshakes and close contact. Think of new ways to greet your loved ones

 Cover your coughs and sneezes (use a tissue paper or your elbow)

**COVID-19: ways to help protect yourself and your loved ones** 

**HELP**

**Talk things through with older family members, friends and neighbours. The risk is higher for them and they might be worried or confused.**

 Check if they need extra help with everyday things like shopping

 Recommend they stay home and away from public places

 Make sure they have a good supply of any regular medication they need

**Stay healthy while travelling** 

 Eat only **well-cooked food**

 **Avoid spitting** in public

 **Avoid close contact and travel** with animals that are sick

Source: WHO

**Stay healthy while travelling** 

 **Avoid travel** if you have a fever and cough

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

 Share previous travel history with your health provider

Source: WHO

**Stay healthy while travelling** 

 If you become sick while travelling, **inform crew and seek medical care early**

 If you seek medical attention, **share travel history with your health care provider**

Source: WHO


**Stay healthy while travelling** 


 **Avoid close contact** with people suffering from a fever and cough


 **Frequently clean hands** by using alcohol-based hand rub or soap and water


 **Avoid touching** eyes, nose or mouth   

Source: WHO

**Reduce risk of coronavirus infection** 

 Frequently clean hands by using alcohol-based hand rub or soap and water

 When coughing and sneezing cover mouth and nose with flexed elbow or tissue - throw tissue away immediately and wash hands

 Avoid close contact with anyone that has fever and cough

Source: WHO  
5 February 2020

**When to use a mask** 

**1.**  If you are healthy, you need only to wear a mask if you are taking care of a person with suspected 2019-nCoV infection

**2.**  Wear a mask if you are coughing or sneezing

**3.**  Masks are effective only when used in combination with frequent hand-washing with alcohol-based hand rub or soap and water

**4.**  If you wear a mask then you must know how to use it and dispose of it properly

Source: WHO  
5 February 2020