

# PREVENT THE SPREAD OF COVID-19 IN 7 STEPS



#COVID19 #CORONAVIRUS  
SOURCE: WORLD HEALTH ORGANIZATION

# 01.

Wash your hands  
frequently



**#COVID19 #CORONAVIRUS**  
SOURCE: WORLD HEALTH ORGANIZATION

## 02.

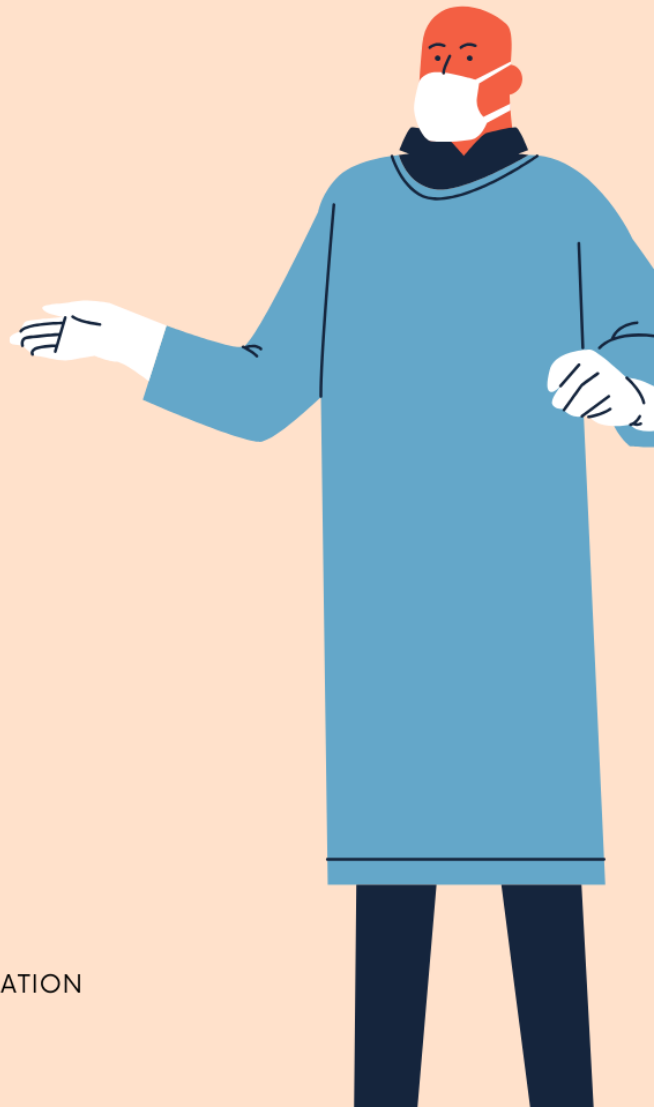
Avoid touching  
your eyes, nose  
and mouth



**#COVID19 #CORONAVIRUS**  
SOURCE: WORLD HEALTH ORGANIZATION

# 03.

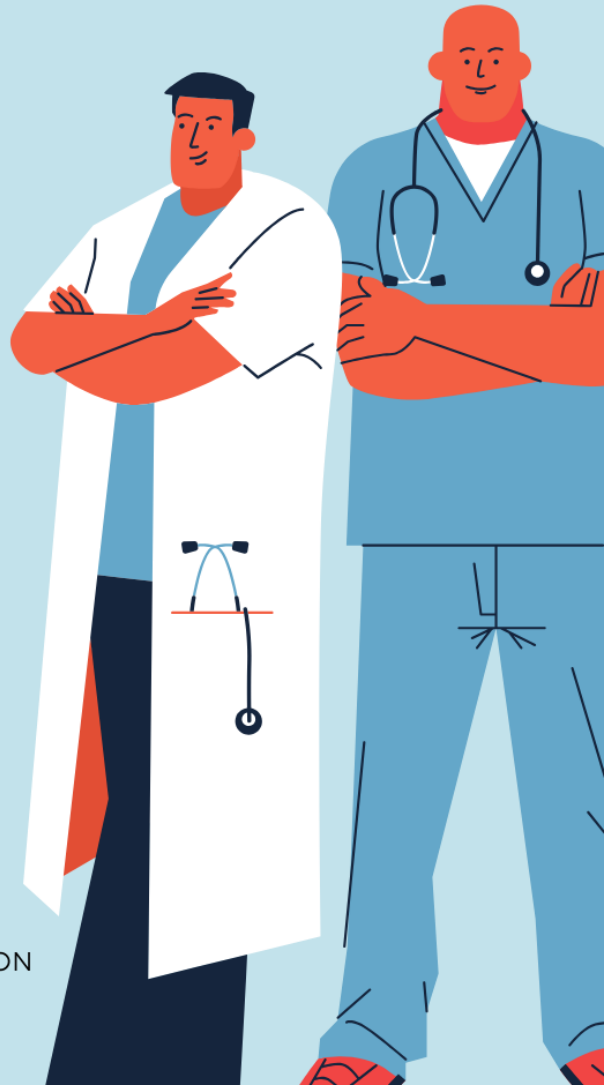
Cover your  
cough using the  
bend of your  
elbow or a tissue



**#COVID19 #CORONAVIRUS**  
SOURCE: WORLD HEALTH ORGANIZATION

# 04.

Avoid crowded places and close contact with anyone that has fever or cough



**#COVID19 #CORONAVIRUS**  
SOURCE: WORLD HEALTH ORGANIZATION

**05.**

Stay at home  
if you feel unwell



**#COVID19 #CORONAVIRUS**  
SOURCE: WORLD HEALTH ORGANIZATION

# 06.

If you have a fever,  
cough and difficulty  
breathing, seek  
medical care early  
— but call first



**#COVID19 #CORONAVIRUS**  
SOURCE: WORLD HEALTH ORGANIZATION

# 07.

Get information  
from trusted sources



**#COVID19 #CORONAVIRUS**  
SOURCE: WORLD HEALTH ORGANIZATION