

CORONAVIRUS PREVENTION TIPS



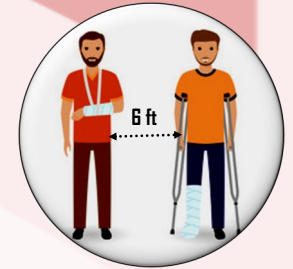
**WEAR FACE MASK
WHEN IN PUBLIC AREAS**



AVOID HANDSHAKE



STAY AWAY FROM CROWD



**SOCIAL DISTANCE CONSTANTLY
(6ft between you and others)**



**WASH HANDS REGULARLY
WITH SOAP AND WATER**



**AVOID TOUCHING
THE FACE**



Coronavirus is real

Protect yourself

Protect others

Stop the spread!



**CALL 4455 FOR MORE
INFORMATION**



**STAY HOME WHEN YOU
FEEL SICK**



WHAT IS CORONAVIRUS?

Coronavirus disease, also called COVID-19, is a flu like disease caused by a virus. It was first discovered in December 2019 and found in Wuhan, China. The virus is transmitted from person to person through contact with respiratory droplets from an infected person who coughs, sneezes or talks.

SIGNS AND SYMPTOMS OF CORONAVIRUS

People who are ill with the virus may experience the following sign and symptoms:

- ◆ Headache
- ◆ Fever
- ◆ Cough
- ◆ Runny Nose
- ◆ Sore Throat
- ◆ High temperature
- ◆ Difficulty in breathing or shortness of breath
- ◆ Diarrhea
- ◆ Weak in limbs etc. Some might not show symptoms at all.

HOW TO PREVENT YOURSELF?

① WEAR FACE MASK WHEN IN PUBLIC AREAS

To avoid infecting others, cover your mouth and nose with a cloth face covering or face mask when going out in public, especially to places where social distancing is difficult, like public transportation, banks and markets. The virus can be spread by people who do not have any symptoms and therefore do not know that they are infected. And face masks may slow the spread of the virus and help persons who do not know if they are transmitting it to others.

② AVOID HANDSHAKE

Shaking hands is absolutely one of the leading risk factors for transmitting or acquiring microbial infection such as Coronavirus. Micro-organisms that might cause infections can live on the surface of the hand, especially the palm of the hand. When someone shakes hands, those microbes may be transferred from the skin of one person to the skin of the other.

③ STAY AWAY FROM CROWD

Avoid gatherings of any crowd with 10 or more people outside your household, such as a friend's house, entertainment centers, restaurants, shops, or any other public space. This advice applies to people of any age.

④ SOCIAL DISTANCE CONSTANTLY

- ⇒ Keep your distance to slow the spread. Limiting face-to-face contact with others and self-isolation are effective ways to slow the spread of Coronavirus. Maintain a distance of about 6 feet (about 2 arms' length) from others, when possible.
- ⇒ When getting assistance, maintain physical distance as much as possible by using a shoulder or wrist grip. Clean your hands afterwards and wear long sleeves and face masks for protection. Ask your direct support provider if they are experiencing any symptoms of Coronavirus, before accepting their assistance.

⑤ WASH HANDS REGULARLY WITH SOAP AND WATER

- ⇒ Wash your hands regularly with soap and water or use alcohol-based hand sanitizer when water and soap are not available. When cleaned thoroughly, viruses and germs that may be on your hands will be killed.
- ⇒ Scrub all surfaces of the hands – including the back of hands, between fingers and under nails – for at least 20 seconds.
- ⇒ Frequently clean your cane handle and tip with soap and clean water or with a Clorox wipe.
- ⇒ Wash your hands after sneezing and coughing. Preferably, sneeze or cough into a tissue or the crook of your elbow.

⑥ AVOID TOUCHING THE FACE

Avoid touching eyes, nose and mouth with unwashed hands, because hands touch many surfaces and can pick up viruses. Viruses can live for days on surfaces from desktops to door handles. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you. Clean commonly touched surfaces regularly with water and soap.

⑦ CALL 4455

If you believe that you are experiencing symptoms of Coronavirus or you expect to have been exposed to the novel virus, please contact the Coronavirus Response Call Center for advice or help.

⑧ STAY HOME WHEN SICK

When you stay home when feeling sick, you can stop the spread. Sick persons can spread the virus via droplets in the air when sneezing and coughing and via commonly touched surfaces in the workplace or in public areas such as medical facilities, greatly increasing the chance the illness will spread to co-workers, visitors of the medical facilities, and others. Also, it is important to stay home when sick with the flu to rest and give yourself the best chance of recovery.

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Mental Health

Is everyone's business

So is Coronavirus

Keep everyone safe

We're all in this together



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