

[corona | covi d-19]

Novel coronavirus Protect yourself and others

The novel coronavirus typically spreads from one person to another in places with many people present via direct physical contact (shaking hands, hugging, kissing, etc.) and via droplets when an infected person coughs or sneezes. Take care of your health and protect others by doing the following:





Wash your hands frequently or sanitize your hands with an alcohol-based hand rub

Cough or sneeze into your sleeve, not your hands



Limit physical contact – avoid handshakes, refuse kisses on the cheek and avoid hugging



Be diligent with cleaning – both at home and in your workplace



If you are older or have a chronic illness, avoid crowds of people and advise others to be aware of your condition