



WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



HOW CAN I PROTECT MYSELF AND OTHERS FROM GETTING SICK?



Wash your hands
regularly and thoroughly
for 20 seconds with
soap and water or use an
alcohol-based hand rub



Avoid close contact with anyone
who has fever and cough. Avoid
close contact with other people if
you are coughing or have a fever



Cover your mouth and nose
with your elbow or a tissue
when you cough or sneeze



Only eat well-cooked food,
especially meat and eggs



Never spit in public

STAY HEALTHY: Get your flu vaccination