











PREVENTING COVID-19

HOW CAN I HELP PROTECT MYSELF AND OTHERS FROM COVID-19?

1	Regularly wash your hand with soap and water for 20 seconds or if you don't have water use hand sanitizer.		7	Do not handshake with anyone.	
2	Stop touching your face. Don't touch your eyes, nose and mouth.		8	Change your clothes as soon as you enter the house, without touching anything or anybody. Take a bath/shower.	
3	SOCIAL DISTANCING Keep 2 meters apart from all people importantly from people who are coughing / sick		9	When you return home, ensure you sanitize all new items from work/shopping etc. as these may be contaminated.	
4	Cover coughs and sneezes with a tissue or your elbow.		10	IF YOU TOUCH IT CLEAN IT. STOP THE SPREAD!	
5	STAY AT HOME – applies to all households with their domestic workers.		11	Go out only when it's absolutely necessary/ if you have to go to work – maintain the above advice at all times. (Listen to what the Government has advised).	
6	Do not gather with anyone except with your household members.		12	You can still be infected without showing any symptoms, so use the safe practices at all times even if you or those around you are not sick.	ASYMPTOMATIC

PREVENTION IS BETTER THAN CURE!

If you are sick:

- Self-isolate and Stay at home
- Isolate yourself from people in the same household where possible or practice distancing
- Patients and caregivers should use a face mask to stop the spread to people in the same household
- Patients and caregivers are to practice safe hand and respiratory hygiene to avoid contaminating others
- Patients and caregivers should dispose of all contaminated material correctly

