

Prevention from Coronavirus

Reduce your risk of **coronavirus** infection:



Clean hands with soap and water or alcohol-based hand rub

Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms

Thoroughly cook meat and eggs



Avoid unprotected contact with live wild or farm animals



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Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, wash them with soap and water or use an alcohol-based hand cleanser



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Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



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Protect others from getting sick

Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing



Throw tissue into closed bin after use

Clean hands after coughing or sneezing and when caring for the sick



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Protect yourself from getting sick

Avoid unprotected contact with sick people (including touching one's eyes, nose or mouth) and with **live farm or wild animals**



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