Prevent the spread of COVID-19 in 7 STEPS

01 Wash your hands frequently
02 Avoid touching your eyes, nose and mouth
03 Cover your cough using the bend of your elbow or a tissue
04 Avoid crowded places and close contact with anyone that has fever or cough
05 Stay at home if you feel unwell
06 If you have a fever, cough and difficulty breathing, seek medical care early — but call first
07 Get information from trusted sources

SOURCE: WORLD HEALTH ORGANIZATION