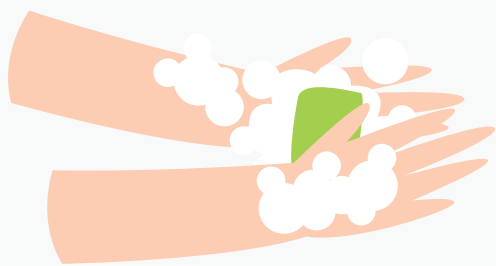


Novel Coronavirus (COVID-19)

How to protect yourself and others

The Most Essential Preventive Measures



Wash your hands frequently,

With **soap and water** - or use an **alcohol-based hand sanitizer** that contains at least 60% alcohol, to remove germs.



Maintain social distancing

Avoid contracting germs from touch or respiratory droplets by keeping **at least 1-meter distance** between yourself and anyone who is coughing or sneezing.



Avoid touching eyes, nose, and mouth,

To protect your **respiratory system** from contracting the virus in case your hands have touched a **polluted surface**.

Travelers

- **Avoid unnecessary travel**, especially to areas with the outbreak.
- Travelers returning from affected areas should **self-monitor for symptoms for 14 days** and follow national protocols of receiving countries and/or their employer.
- Some countries and/or employers may require returning travelers to enter quarantine. If symptoms occur, such as fever, or cough or difficulty breathing, travelers are advised to **contact local health care providers, preferably by phone**, and inform them of their symptoms and their travel history.



In case of sickness, follow these practices



If you have fever, cough, and difficulty breathing: seek medical care early



If you are coughing or sneezing: Practice respiratory hygiene - by covering your mouth and nose with your bent elbow or tissue. Then dispose of the used tissue immediately. You can also wear a mask to avoid spreading your respiratory droplets to other people.



If you need to take care of a sick person: use personal protective equipment (e.g.: mask, gloves, lab coat)

Sources:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>