

# Know the Symptoms

Basic protective measures against coronavirus



Fever



Cough



Shortness of breath



Headache



Sore throat



## Wash hands frequently

Wash your hands regularly with soap and water or use an alcohol-based hand sanitizer to kill viruses that may be on your hands.



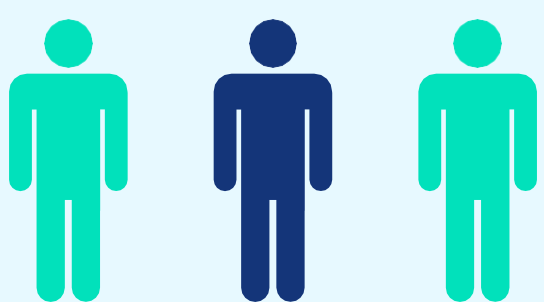
## Respiratory hygiene

Cover your mouth and nose when you cough or sneeze. Dispose of the used tissue immediately.



## Avoid touching eyes, nose, & mouth

Hands touch many surfaces and can pick up viruses. Avoid touching your eyes, nose, and mouth where possible.



## Maintain social distancing

Keep at least **1.5 meters** between yourself and anyone who is coughing or sneezing to keep yourself safe.