Covid-19 Prevention

HOW TO LIMIT THE SPREAD

Thoroughly wash your hands with soap and running water for at least 20 seconds.

Avoid touching your mouth, eyes and nose with unwashed hands.

Avoid close contact with people suffering from a fever and cough.

Stay a meter away from people (5 steps).

Need to cough or sneeze? Do it into a tissue or bent elbow and then wash your hands and immediately throw away tissue.

Avoid handshaking and hugging people.

Stay home and avoid travelling if you have flu-like symptoms.

The virus can be spread by shaking hands, hugging or kissing. Greet people with a wave, a nod or a bow instead.

Stop spitting in public.

Thoroughly cook your meat and eggs.

Sanitize your hands after you come in to contact farm animals.

For more information Call 719 or Dial *719#

Practical ACTION

Big change starts small