

# COVID-19 EPIDEMIC

## What to do and not do



**Be mindful  
of what you  
touch**



**They might  
have been  
contaminated**



**Wash your  
hands  
often  
thoroughly  
with soap and  
water**

**Alternatively  
use sanitisers**



**Cough  
and  
sneeze  
into tissues**



**And dispose the used tissues safely  
as not to contaminate the area.**



**If you have  
cough or  
sneezed  
into your  
hands,**

**thereafter wash your hands  
or alternatively wipe with a  
tissue and use a sanitiser.**



**Stay away from  
crowded areas**

**and keep your distance from  
people who appear unhealthy**

**If you are unwell, stay at home;  
or wear a facemask when you  
have to go outside.**