

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 a 1.5 metre distance between yourself and anyone who is coughing or sneezing to keep yourself safe.