

#StopTheSpread

7 Steps to prevent the spread of COVID- 19

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your mouth when you cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone who has fever or cough
- 05** Stay home if you feel unwell
- 06** Seek medical care early if you have a fever, coughs, and difficulty breathing—but call first
- 07** Get information from trusted sources

Self-distancing is the new self-care



whenever you go out or meet friends, remember:

Keep a distance of 6 feet (2 meters, or about one body length) away from other people

Stay away from mass gatherings

Avoid touching other people, and that includes handshakes

COPING WITH STRESS DURING COVID-19



It's normal to feel sad, stressed, confused, scared, or angry.
Talking to people you trust can help.

Maintain a healthy lifestyle as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.

Seek professional help for physical and mental health needs instead of using smoking, alcohol, or drugs to cope.

Lessen the time you and your family spend watching or listening to media coverage of news that you find upsetting.

SOURCE: WORLD HEALTH ORGANIZATION



Handwashing 101

Source: World Health Organization



1

Wet your hands before applying soap



2

Rub soap all over your palms, the backs of your hands, and in between your fingers



3

Do this process for at least 20 seconds before rinsing



4

Wipe your hands with a clean towel or paper towel and void rubbing too vigorously.

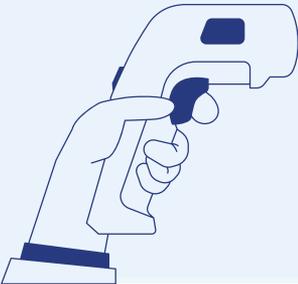
Self-quarantine procedures

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have a history of travel in infected or heavily populated areas.



STAY AT HOME

Limit all travels, unless going out for food, medicine and other essentials



CHECK YOUR TEMPERATURE
at least two times a day

WATCH OUT FOR OTHER SYMPTOMS

COVID-19 symptoms include fever, cough, difficulty breathing, and fatigue



WORK FROM HOME TIPS

LET'S HELP STOP
THE SPREAD OF
CORONAVIRUS

03

Set up your
work-space

01

Create a routine to
keep your mind and
body productive

04

Focus on what
needs to be
done daily

02

Keep communication lines
open

05

Take a break