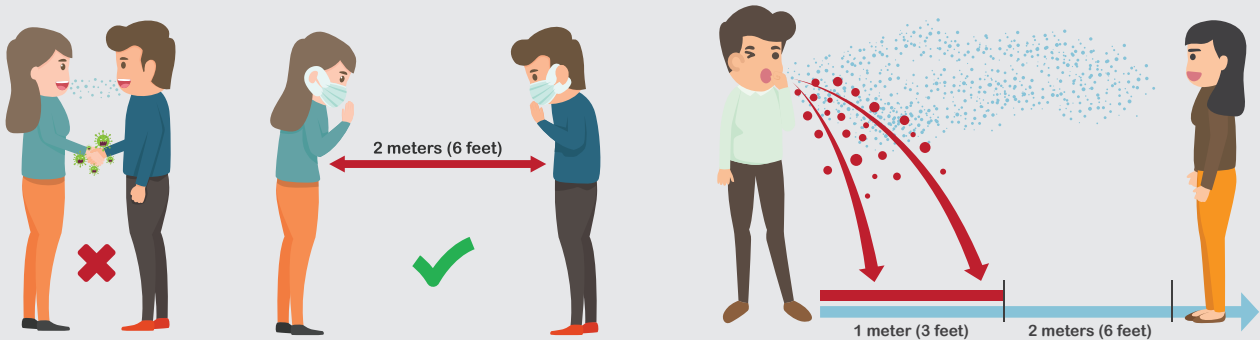


# Keeping safe Simple steps for you and your family

Following is information drawn from public health sources on how to protect yourself and others from the COVID19 virus.

Since there is no vaccine or drug therapy currently available, avoiding exposure and preventing spread are the best ways to keep everyone safe. Here are 6 steps you can take immediately to avoid exposure and prevent spread:

**1** Maintain your social distance from others. If you have to go out for essential activities, keep at least 2 meters (approximately 6 feet) between yourself and others to prevent inhalation of droplets that can be shared by talking, sneezing or coughing.



**2**

Wash your hands with soap and water for at least 20 seconds. After this, use an alcohol-based hand sanitizer to continue to protect your hands from virus.

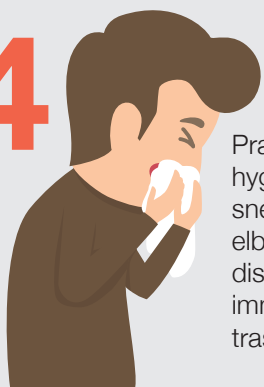


**T-ZONE  
NO TOUCH**

**3**

Avoid touching your eyes, nose, and mouth all of which are potential points of entry for the virus.

**4**



Practice good respiratory hygiene by coughing or sneezing into your bent elbow or a tissue; dispose of the tissue immediately in a sealed trash bin.



**5**

If you develop symptoms seek medical advice but call your doctor first. Calling your doctor or contacting a telemedicine provider (if this is available to you) will allow the health-care professional to direct you to an appropriate facility and help to prevent further spread of the virus.



**6**

Know when and how to wear a mask. Do wear a mask if you're coughing or sneezing, or if you're helping to care for someone who is sick.

**Keep informed and up to date by following instructions and guidance from the WHO, the CDC, your local government and health authorities.**

