Prevent the spread of COVID-19 in 7 STEPS

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

SOURCE: WORLD HEALTH ORGANIZATION