

STOP THE SPREAD

THE MOST EFFECTIVE DEFENCE AGAINST COVID-19 IS ALSO THE SIMPLEST. STRICT AND DILIGENT HYGIENE, WEARING A MASK AND PHYSICAL DISTANCING ARE IMPERATIVE.



FOUR THINGS YOU CAN DO RIGHT NOW

There are simple, specific steps you can take to help protect yourself, your family and your community from becoming infected



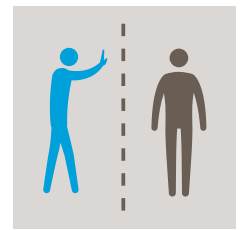
Perform hand hygiene



Clean your immediate environment



Use personal protective equipment (PPE)



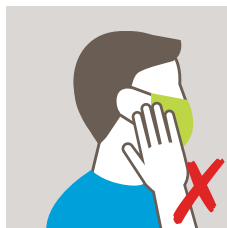
Practice physical distancing

PRACTICAL TIPS FOR WEARING A FACE MASK

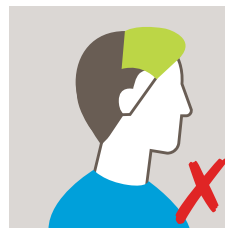
Perform hand hygiene before you put on a face mask and after you take it off



Do not leave your mask hanging under your chin or neck



Do not touch your face when you have your mask on



Do not wear your mask on your head



Do not wear your mask loosely with gaps on the side



Do not wear the mask below your nose



Do not leave your chin exposed



- Wear your mask so that it comes close to the bridge of your nose and completely covers your chin
- Tighten the loops/ties so that it fits snugly around your face, without any gaps