

[#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

Source: World Health Organization



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# CORONAVIRUS SYMPTOMS

**Source: World Health Organization**

**The following symptoms may appear  
2-14 days after exposure**

**These symptoms are usually mild  
and begin gradually**

- Fever
- Fatigue
- Shortness of breath
- Cough

**Seek medical advice if:**

- You live in the an area with an ongoing spread
- Have been in close contact with a person known to have COVID-19
- You develop symptoms

# HOW TO WEAR A MASK

## DO'S:

- Thoroughly wash hands with soap and water before touching the mask
- Find the top side where the metal piece or stiff edge is
- Check the mask for any tears or holes



- Ensure that the colored side faces outwards
- Place the metal piece/stiff edge over your nose
- Adjust the mask without leaving gaps on the side

- Avoid touching the mask
- Cover your mouth, nose, and chin. Screen reader support enabled.
- Use the straps to remove the mask
- Keep the mask away from you or any surface when removing it
- Wash your hands after

## SOURCE:

World Health Organization

