Seven Steps to Prevent the Spread of the Virus

1. Wash your hands frequently
2. Avoid touching your eyes, mouth and nose
3. Cover your cough with the bend of your elbow or tissue
4. Avoid crowded places
5. Stay at home if you feel unwell – even with a slight fever and cough
6. If you have a fever, cough and difficulty breathing,
7. Stay aware of the latest information from WHO

World Health Organization (2020) - Coronavirus - seven steps to prevent the spread of the virus
https://www.youtube.com/watch?v=8c_UjwLq8PI