

HOW CAN I PROTECT MYSELF AGAINST COVID-19?

Wash your hands frequently

Avoid touching your eyes, nose, and mouth

Avoid crowded places and put space between yourself and others

Cough or sneeze into your **bent elbow or a tissue**

If you have fever, cough, or difficulty breathing, **seek care early**. Call beforehand and follow medical advice.

SOURCE: WORLD HEALTH ORGANIZATION

