

KEY MESSAGES FOR GENERAL PUBLIC DURING COVID-19 OUTBREAK

| Main Message | Sub-messages |
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| Prevention | |
| <p>1 Wash your hands frequently with soap and water or with an alcohol-based hand rub.</p> | <ul style="list-style-type: none"> • Wash your hands with soap and water particularly: <ul style="list-style-type: none"> o After coughing or sneezing o When caring for the sick o Before, during and after you prepare food o Before eating o After toilet use o When hands are visibly dirty o After handling animals or animal waste |
| <p>2 Maintain social distancing to protect yourself and others from getting sick.</p> | <ul style="list-style-type: none"> • Maintain at least 1-meter distance between yourself and anyone who is coughing or sneezing. • Avoid close contact with anyone when you are experiencing cough and fever. • Avoid handshaking or any other touching. |
| <p>3 Avoid touching your eyes, nose, and mouth with your hands.</p> | |
| <p>4 Practice respiratory hygiene.</p> | <ul style="list-style-type: none"> • Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. • Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick. |
| <p>5 Clean and disinfect frequently touched objects and surfaces regularly.</p> | |
| <p>6 Stay home if you have fever, cough and difficulty breathing, and seek medical care early.</p> | <ul style="list-style-type: none"> • Stay home if you feel unwell, if you have a fever, cough and difficulty breathing, or have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19. Follow the directions of your local health authority in seeking medical care. |
| <p>7 Stay informed and follow advice given by your healthcare provider.</p> | <ul style="list-style-type: none"> • Stay informed on the latest developments about COVID-19. • Follow advice given by your national and local public health authority. |
| Stress Management | |
| <p>8 It is normal to feel sad, stressed, confused, scared or angry during COVID-19 outbreak, but you can help yourself through several ways.</p> | <p>What can you do about it?</p> <ul style="list-style-type: none"> • Understand the risk and allow yourself time and space to express your feelings about what happened. Be patient with your emotional state, as it is normal to experience mood fluctuations. • Take steps to get the facts, stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. • Stick to routines, or develop sustainable new ones (showering, exercising, getting dressed, etc.). • Structure work routines at home. |

| Main Message | Sub-messages |
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| Stress Management continued... | |
| | <ul style="list-style-type: none"> • Maintain contact with your own social media networks, communicate with your friends and network using web-based applications. Contact your friends and family. Talking to people you trust can help. • Maintain a healthy lifestyle such as eating nutritious meals, drinking sufficient amounts of water and getting adequate rest. • Focus on things you do well. • Try some pleasurable relaxing activities like reading favourite books, listening to music, watching movies, doing relaxation exercises. • Jointly with other family members, try to keep active, writing, playing games, crosswords, puzzles, and other mind games can be very helpful to stimulate thinking, it is a good chance to spend quality time with your family members. • Look for or inject humour into the situation, humour can help you in coping with the situation. • Maintain hope and believe that things will settle back to normal soon. • If you feel you need support, talk to a professional, look for psychology support groups online or on social media platforms. |

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