

PROTECT YOUR LOVED ONES FROM CORONAVIRUS (COVID-19)



Wash your hands thoroughly and frequently with soap and water for 20-40 seconds, or use an alcohol-based hand rub.



Cough and sneeze into your bent elbow or into a tissue, which you must throw into a bin with a lid immediately. Wash your hands afterwards.



Avoid close contact with people, especially those with a cough, cold, or flu-like symptoms.



Instead of shaking hands or giving hugs, greet others with an “Ayubowan!”

For more information, call 117