PROTECT YOUR LOVED ONES FROM CORONAVIRUS (COVID-19)

WASH WITH SOAP FOR 20-40s

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.

KEEP AT LEAST 1 METRE AWAY

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

INSTED OF SHAKING HANDS OR GIVING HUGS, GREET OTHERS WITH AN “AYUBOWAN!”

For more information, call 117

World Health Organization Sri Lanka

UNICEF