



**World Health
Organization**

**Protect yourself and others
from getting sick**

Reduce your risk of **coronavirus** infection:



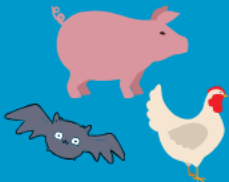
Clean hands with soap and water
or alcohol-based hand rub

Cover nose and mouth when coughing and
sneezing with tissue or flexed elbow



Avoid close contact with anyone with
cold or flu-like symptoms

Thoroughly cook meat and eggs



Avoid unprotected contact with live
wild or farm animals



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Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, wash them with soap and water or use an alcohol-based hand cleanser



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Protect others from getting sick

Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing



Throw tissue into closed bin after use

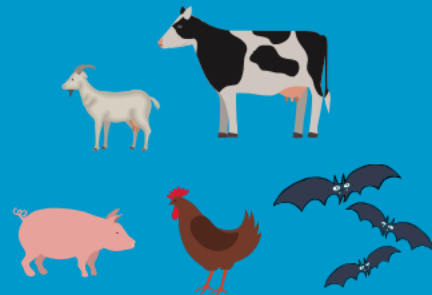
Clean hands after coughing or sneezing and when caring for the sick



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Protect yourself from getting sick

Avoid unprotected contact with sick people (including touching one's eyes, nose or mouth) and with live farm or wild animals



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Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



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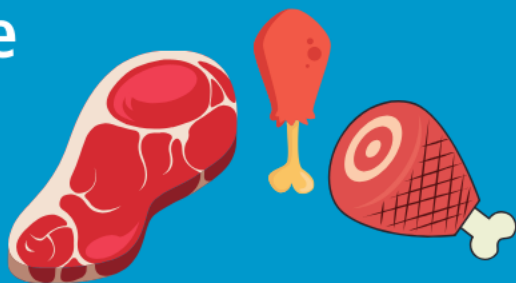
Practise food safety

Sick animals and
animals that
have died of
diseases **should
not be eaten**



Practise food safety

Even in **areas**
experiencing outbreaks,
meat products can be
safely consumed if these
items are **cooked**
thoroughly and
properly handled during
food preparation.



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Shopping in wet markets?

Stay healthy!

Wash hands with soap and water after touching animals and animal products



Avoid touching eyes, nose and mouth

Avoid contact with sick animals and spoiled meat



Avoid contact with stray animals, waste and fluids in market



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Working in wet markets?

Stay healthy!



Frequently **wash your hands** with soap and water after touching animals and animal products

Disinfect equipment and working area at least once a day



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Working in wet markets?

Stay healthy!



Wear protective gowns, gloves and facial protection while handling animals and animal products

Remove protective clothing after work, wash daily and leave at the work site



Avoid exposing family members to soiled work clothing and shoes



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**Stay healthy while
travelling**

STAY HEALTHY WHILE TRAVELLING

**Avoid travel if you have
a fever and cough**



**If you have a fever, cough and
difficulty breathing seek medical
care early and share previous
travel history with your health
care provider**



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STAY HEALTHY WHILE TRAVELLING

**Avoid close contact
with people suffering
from a fever and cough**



**Frequently clean hands by
using alcohol-based
hand rub or soap and water**

**Avoid touching eyes,
nose or mouth**



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STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue – throw
tissue away immediately and
wash hands



If you choose to wear a face mask, be
sure to cover mouth and nose -
avoid touching mask once it's on

Immediately discard single-use mask
after each use and wash hands after
removing masks



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STAY HEALTHY WHILE TRAVELLING

If you become sick
while travelling,
inform crew and
seek medical care
early



If you seek medical
attention, share travel
history with your health
care provider



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STAY HEALTHY WHILE TRAVELLING

**Eat only well-
cooked food**



Avoid spitting in public

**Avoid close contact
and travel with
animals that are sick**



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Source:

World Health Organization (WHO)

Novel Coronavirus (2019-nCoV) advice for the public

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>