

Prevent COVID-19 Through...

Wash

Avoid

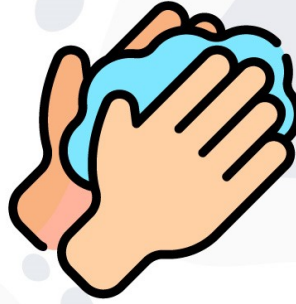
Reduce

ศูนย์ปฏิบัติการ
ภาวะฉุกเฉิน

สายด่วน
กรมควบคุมโรค
1422



กรมควบคุมโรค
Department of Disease Control



Wash Hands

Wash hands before eating

Wash hands after using the toilet, handling garbage and touching door handles

Wash hands with soap and water or use hand sanitizer/alcohol gel



Avoid getting an infection

Avoid contact with people who are sick

Avoid unnecessary travel to crowded places and outbreak areas

(If necessary, wear a cloth mask or hygienic mask and wash your hands frequently when you go to a crowded place)



Reduce spread of the disease

Reduce spending time in public places

Reduce attending mass gathering activities

Reduce the spread of the disease. If you get a fever, take a leave of absence