Reduce your risk of coronavirus infection:



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

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

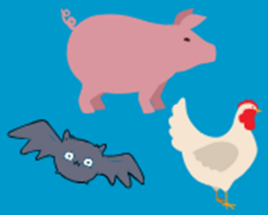




Avoid close contact with anyone that has fever and cough

Thoroughly cook meat and eggs



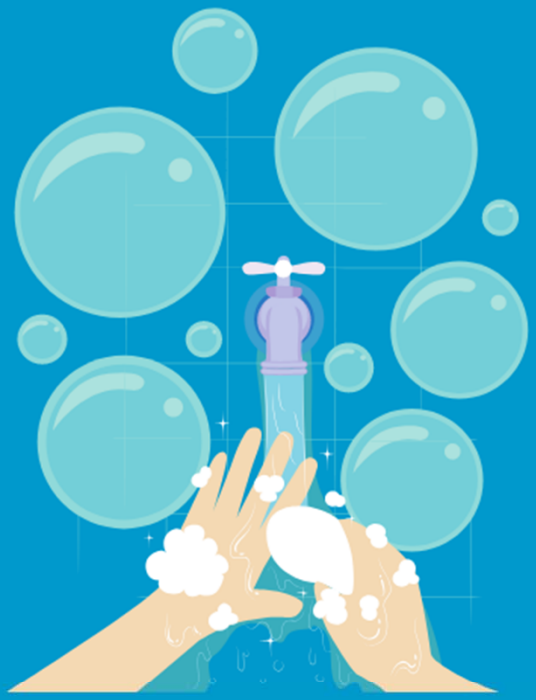


Avoid unprotected contact with live wild or farm animals

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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, frequently clean them by using alcohol-based hand rub or soap and water

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Protect others from getting sick

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





Throw tissue into a closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



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Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public





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

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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



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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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Working in wet markets?

Stay healthy!



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

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





Avoid exposing family members to soiled work clothing and shoes

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Working in wet markets?

Stay healthy!



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

Clean and disinfect equipment and working area at least once a day



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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

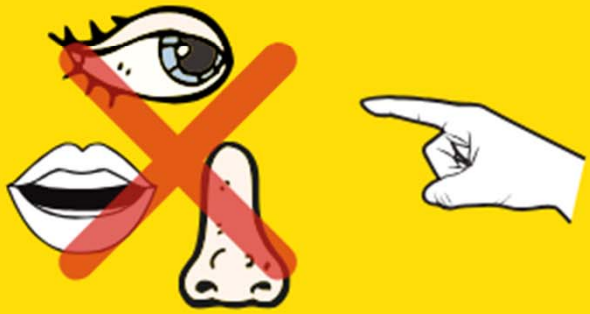
Avoid close contact with people suffering from a fever and cough





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 or sneezing **cover mouth and nose with flexed elbow or tissue** - throw tissue away immediately and wash hands





If you choose to wear a 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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