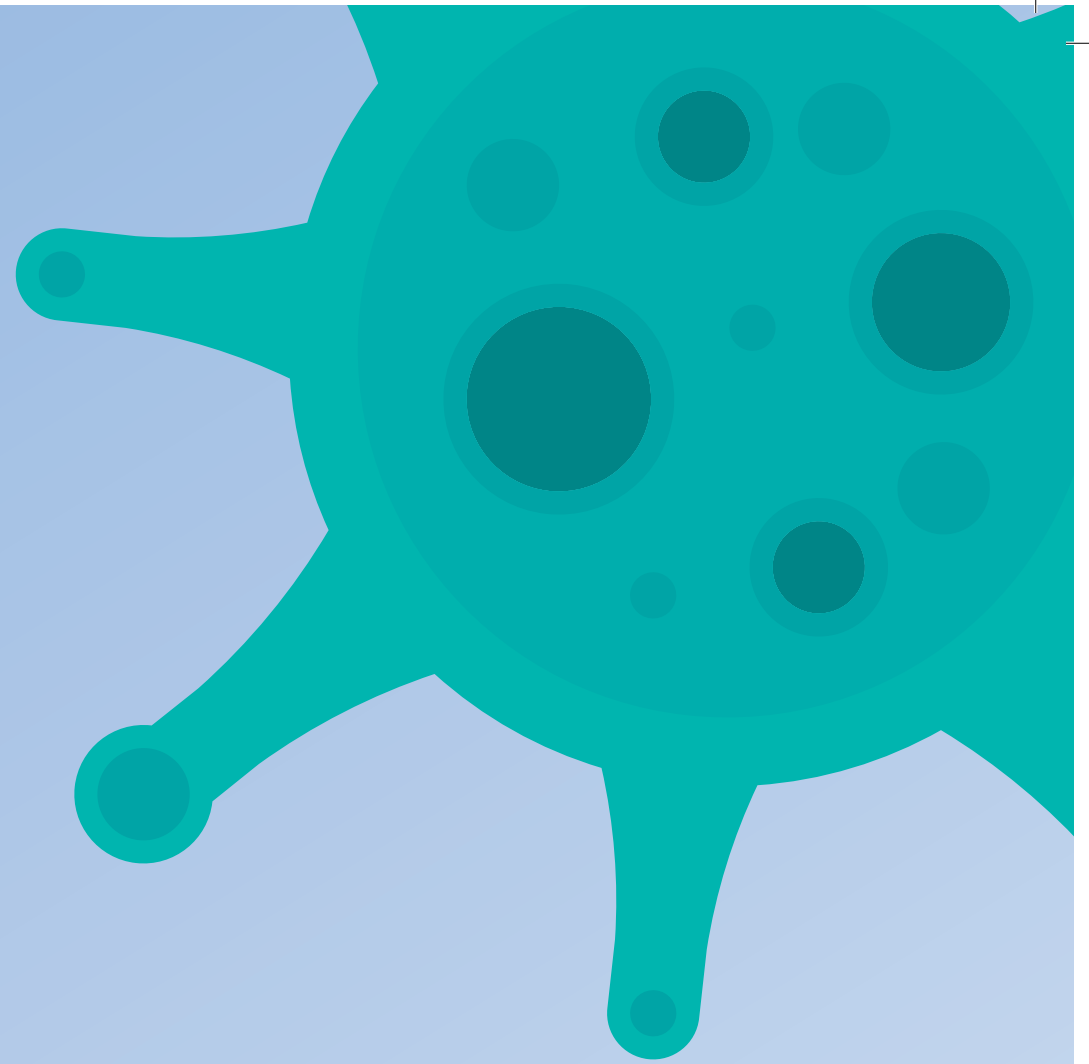


# COVID-19

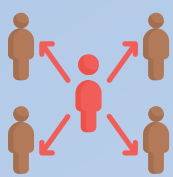


A new coronavirus (COVID-19), first identified in China in December 2019, has caused an outbreak of respiratory illness (fever, cough and shortness of breath).

## 6 ways to stay safe



**WASH** your hands frequently and thoroughly under running water, using soap, for at least 40 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



**PRACTICE** social distancing, maintain at least 1.5-meter distance between yourself and anyone who is coughing or sneezing.



**AVOID** touching your eyes, nose or mouth.



**COVER** your mouth and nose with a bent elbow or tissue when you cough or sneeze, then throw the tissue in the trash.



**SEEK** immediate medical care if you have a fever, cough and difficulty breathing.



**STAY** informed, check your local authority or [www.who.int](http://www.who.int)

### What to do in case there's a suspected COVID-19 case

- Don't panic
- Report to the nearest healthcare facility

- Or call:

**i** These recommendations are based on WHO guidelines. This information is effective as at 26th March 2020. Case management of COVID-19 is rapidly evolving. Stay informed and check local authorities and [www.who.int](http://www.who.int).