COVID-19

A new coronavirus (COVID-19) 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

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

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

- Or call:

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.