I'M PREGNANT

HOW CAN I PROTECT MYSELF AGAINST COVID-19?

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. Call beforehand, and follow medical advice 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:

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These recommendations are based on WHO guidelines. This information is effective as of 21st March 2020. Case management of COVID-19 is rapidly evolving. Stay informed and check local authorities and www.who.int.