Prevent the spread of COVID-19 in 7 STEPS

01  Wash your hands frequently

02  Avoid touching your eyes, nose and mouth

03  Cover your cough using the bend of your elbow or a tissue

04  Avoid crowded places and close contact with anyone that has fever or cough

05  Stay at home if you feel unwell

06  If you have a fever, cough and difficulty breathing, seek medical care early — but call first

07  Get information from trusted sources

SOURCE: WORLD HEALTH ORGANIZATION