Basic protective measures against the novel Coronavirus

1-Wash your hands frequently

Wash your hands frequently with soap and water or use alcohol-based hand rub.

2-Practice respiratory hygiene

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water.

3-Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.

4- Avoid close contact with person who has flu like symptoms

5-Avoid touching eyes, nose and mouth

6- Avoid participating in large gatherings

7- Avoid handshaking

Senior Medical Officer

Health Centre