

# How to Protect Yourself and Others from CORONA VIRUS (COVID-19)

## How Can I Reduce My Risk?

Follow the below safety<sup>1</sup> instructions:



Keep rooms well ventilated

Frequent hand washing with soap and water for at least 20 seconds



in case soap and water is not available use a hand sanitizer that contains at least 60% alcohol

Covering coughs and sneezes with a tissue or your elbow



Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing



Avoid crowds as much as possible



During a COVID-19 outbreak in your community, stay home as much as possible

## When Should I Wear A Face Mask?<sup>1</sup>



Make wearing a mask a part of your routine when leaving the house and/or being around other people.

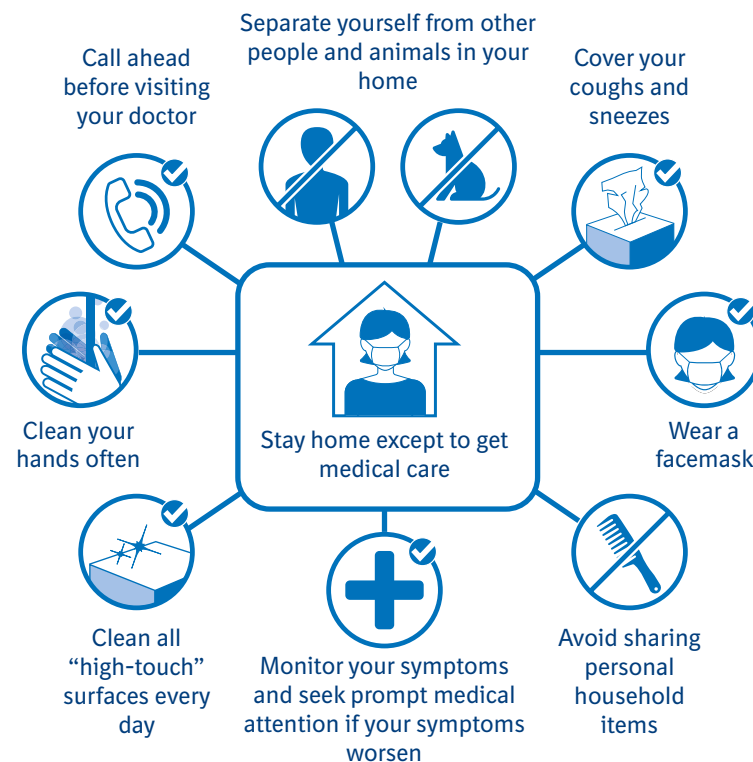
Masks help to reduce transmission and effectively save lives. The use of a mask alone is not sufficient to provide an adequate level of protection against COVID-19. All safety precautions and measures should be followed to help reduce the spread of the virus.

Here are some basic guidelines for wearing a mask:

- Clean your hands before you put your mask on, as well as before and after you take it off
- Make sure it covers both your nose, mouth and chin
- Wear a fabric mask unless you're in a particular risk group. This is especially important when you can't stay physically distanced, particularly in crowded and poorly ventilated indoor settings
- Wear a medical/surgical mask if you:
  - Are over 60
  - Have underlying medical conditions
  - Are feeling unwell, and/or
  - Are looking after an ill family member

## What Do I Do If I Become Ill?<sup>2</sup>

If you feel sick please follow the below guidance:



If you have additional questions in general, or want to know what to do if you feel ill, please use below links:

1. <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
2. <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

For additional information for your condition, please refer to the below links:



American Diabetes Association

Diabetes UK



COPD Foundation

Pulmonary Fibrosis Foundation



American Heart Association

Additional links: