



Cough

Sore throat



Shortness
of breath

Fatigue

- ☒ **Before putting on** and **before and after taking off** masks
 - Before and after **attending to sick people**
 - Before, during and after **you prepare food**
 - Before and after **eating**
 - **After toilet use** or changing diapers
 - Before and after participating in **clean-up activities**
 - After touching your **nose or mouth**
 - After handling **animals or animal waste**
 - After handling **garbage**

Use **alcohol-based hand sanitisers** if soap and water are not readily available.

Stay informed and follow advice given by your healthcare provider.
For up to date information, you can visit our website:
<https://pandemic.internationalsos.com/2019-ncov>

CORONA- VIRUS DISEASE (COVID-19)

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BASIC PROTECTIVE MEASURES AGAINST COVID-19

- **WEAR A FACE MASK** when in public, especially when social distance cannot be maintained.
- Where possible, **KEEP 1-2 METRES (3-6 FEET)** away from others. Avoid crowded places.
- Anyone who has any symptoms, even if only mild, should stay home. **SEEK MEDICAL ADVICE**

Wear a mask

- When in face-to-face contact with others.
- When social distancing cannot be achieved.
- If you are in the high-risk groups.
- When indoors, even if social distancing is adhered to.

Wear a a medical mask

- If you are sick, even if symptoms are mild.
- If you have tested positive for COVID-19 or are waiting for test results.
- When caring for a sick person.
- If you are at a higher risk for severe COVID-19

- 1 Before putting on a mask, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 2 Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- 3 Avoid touching the mask while using it; if you do so, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 4 When you remove the mask: remove it from behind. Do not touch the mask on the front.
 - if disposable - drop it into the waste container
 - if reusable – the mask should be washed / cleaned before re-use
 - if the mask cannot be washed but you need to store it to wear again – place it in a “breathable” container (e.g paper bag)
- 5 Clean hands with soap and water, or alcohol-based sanitiser.