



Coronavirus COVID-19

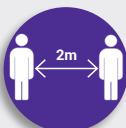


QUICK CHECKLIST

Act as if you already have the virus (to keep others safe) and as if everyone else has it (to keep yourself safe). If you develop a new cough/fever/have breathing difficulties, stay home and self-isolate.



Wash your hands thoroughly and regularly, using hand sanitiser or soap and warm, clean water.



Maintain social distancing. Stay two metres (six feet) from other people – even beneficiaries.



Avoid touching your face, nose and eyes.



Avoid physical contact with other people. No handshakes/hugs.



Cough or sneeze into a clean paper tissue or your elbow, then throw the tissue away immediately.



Clean and disinfect surfaces often, using a bleach-based cleaning fluid.



Masks and gloves do not make you invincible! Wash/sanitise hands before applying and after removing.

Information from International Health Services, International Headquarters, based on advice from the World Health Organization (correct as of 9 April 2020). For full information, see sar.my/covid19info