The Following Measures Are Required To Prevent The Spread Of COVID-19

1. Wash your hand regularly with soap and water or an alcohol-based hand sanitiser or gel.

2. Cough or sneeze into your elbow; don’t use your hand.

3. Avoid touching your eyes, nose, and mouth before washing hands.

4. Disinfect the objects and surfaces you touch regularly.

5. Limit meetings in person in society, stay away from the crowd, and maintain a distance at least 1.5 m from a person to another.

6. Try to avoid contact with people who display symptoms similar to those of pneumonia or the common cold, like fever, cough or sneeze.