

# Corona Virus (COVID-19)

## How can I protect myself?

### DO'S



**Wash your hands often with soap & water or alcohol based hand sanitizer.**



**Cover your nose & mouth with tissue while sneezing & coughing, then throw the tissue in the trash.**



**Wear a mask if you have a fever, cough or runny nose.**

### DON'TS



**Avoid touching your eyes, nose & mouth with unwashed hands.**



**Avoid close contact with people who are sick.**



**Avoid being in crowded place.**



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