

Precautionary Measures on COVID-19

Protect yourself and others from the spread COVID-19. By taking some simple precautions, one can reduce chances of being infected or spreading COVID-19:

- Clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water.
- Wear mask. Masks can help prevent the spread of the virus from the person wearing the mask to others.
- Main safe distance (3 feet) with others and avoid going to crowded places.
- Cover your nose and mouth with handkerchief/ tissue while sneezing and coughing. Wash hands before touching eyes, nose and mouth.
- Stay home and self-isolate even with minor symptoms such as cough, headache, and mild fever. If you have a fever, cough and difficulty breathing, seek medical attention.