Be KIND to address fear during #coronavirus

Show empathy with those affected

Learn about the disease to assess the risks

Adopt practical measures to stay safe

Learn more to Be READY for #COVID19:
www.who.int/COVID-19

UNITED NATIONS

World Health Organization

STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have a fever and cough

If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider

World Health Organization

Be KIND to support loved ones during #coronavirus

Check in regularly especially with those affected

Encourage them to keep doing what they enjoy

Share WHO information to manage anxieties

Provide calm and correct advice for your children

Learn more to Be READY for #COVID19:
www.who.int/COVID-19

UNITED NATIONS

World Health Organization

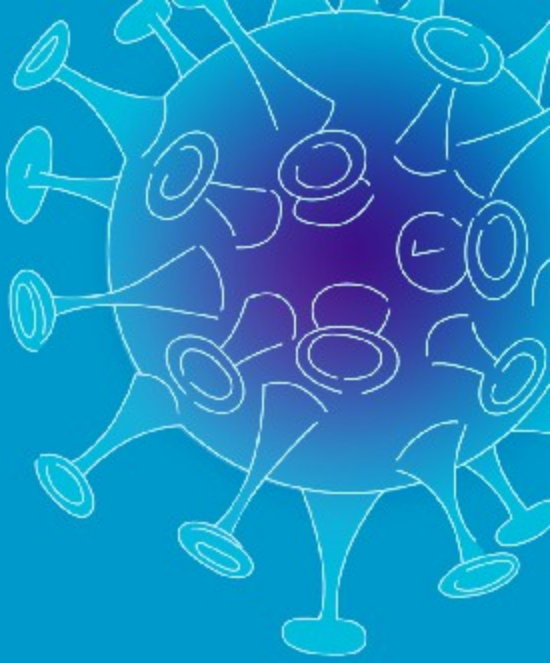
STAY HEALTHY WHILE TRAVELLING

Avoid close contact with people suffering from a fever and cough

Frequently clean hands by using alcohol-based hand rub or soap and water

Avoid touching eyes, nose or mouth

World Health Organization



Be INFORMED
Be PREPARED
Be SMART
Be SAFE

Be READY to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19

UNITED NATIONS

World Health Organization

STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands

If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it's on

Immediately discard single-use mask after each use and wash hands after removing masks

World Health Organization

Be SUPPORTIVE
Be CAREFUL
Be ALERT
Be KIND

Be READY to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19

UNITED NATIONS

World Health Organization

STAY HEALTHY WHILE TRAVELLING

If you become sick while travelling, inform crew and seek medical care early

If you seek medical attention, share travel history with your health care provider

World Health Organization

Be **READY** for **#coronavirus**

WHO is giving advice on how
to protect ourselves & others:

Be SAFE from coronavirus infection

Be SMART & inform yourself about it

Be KIND & support one another

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19

UNITED NATIONS

World Health Organization

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water

World Health Organization

Be SAFE from #coronavirus

if you are 60+ or if you have an underlying condition like:

- **Cardiovascular disease**
- **Respiratory condition**
- **Diabetes**

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be READY for #COVID19:
www.who.int/COVID-19

UNITED NATIONS

World Health Organization

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

World Health Organization

Be **SMART** if you develop shortness of breath:

Call your doctor

Seek care immediately!

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19

UNITED NATIONS

World Health Organization

Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

World Health Organization

Be SMART & inform yourself about #coronavirus

Follow accurate public health advice from WHO & your local health authority

Follow the news on latest coronavirus updates

To avoid spreading rumors, always check the source you are getting information from

Don't spread rumors

Learn more to Be READY for #COVID19:
www.who.int/COVID-19

UNITED NATIONS

World Health Organization

Protect others from getting sick

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider

World Health Organization

Should I avoid shaking hands because of the new coronavirus?

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

World Health Organization

#Coronavirus #COVID19

9 March 2020

How should I greet another person to avoid catching the new coronavirus?

To prevent COVID-19 it is safest to avoid physical contact when greeting.

Safe greetings include a wave, a nod, or a bow.

World Health Organization

#Coronavirus #COVID19

9 March 2020

Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves.

If you then touch your face, the contamination goes from your glove to your face and can infect you.

World Health Organization

#Coronavirus #COVID19

9 March 2020