



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



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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**



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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:
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STAY HEALTHY WHILE TRAVELLING

Avoid close contact
with people suffering
from a fever and cough



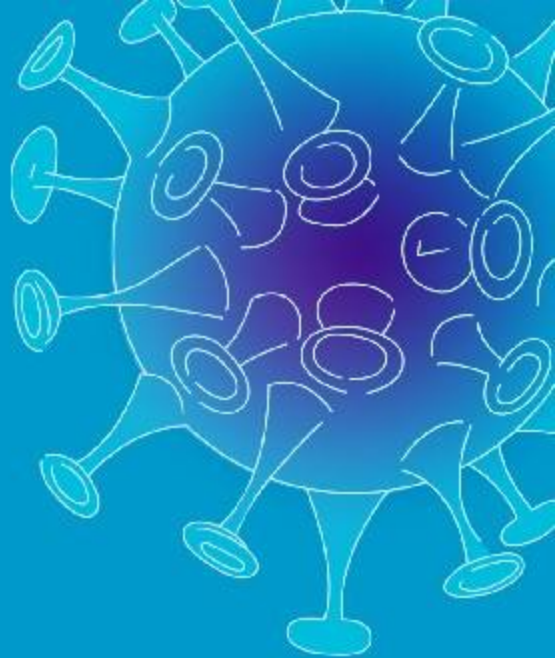
Frequently clean hands by
using alcohol-based
hand rub or soap and water

Avoid touching eyes,
nose or mouth



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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



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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**



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Be **SUPPORTIVE**

Be **CAREFUL**

Be **ALERT**

Be **KIND**

Be **READY** to fight
#COVID19

For the latest health advice, go to:
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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**



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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



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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



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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:
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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



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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



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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



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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



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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



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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.

Should I avoid shaking hands because of 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.

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



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#Coronavirus #COVID19

9 March 2020

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.

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



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#Coronavirus #COVID19

9 March 2020