WHO Guidelines on personal protective measures to prevent spread of Coronavirus

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

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

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

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

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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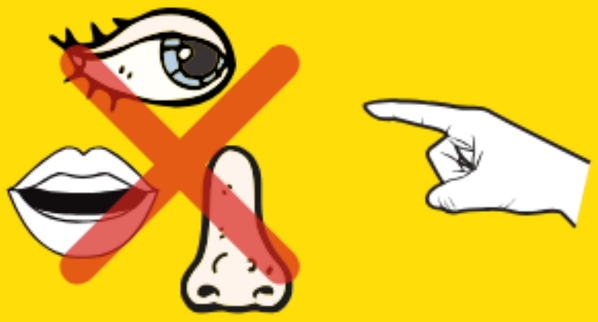
STAY HEALTHY
WHILE TRAVELLING

Avoid close contact with people suffering from a fever and cough

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

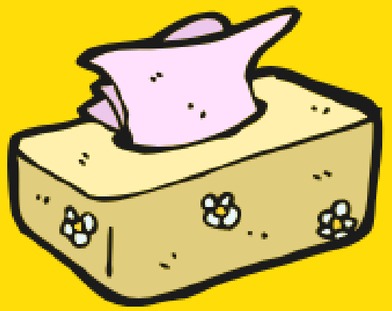
Avoid touching eyes, nose or mouth



World Health Organization

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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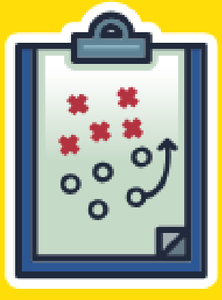
STAY HEALTHY WHILE TRAVELLING

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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STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food

Avoid spitting in public

Avoid close contact and travel with animals that are sick

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Practise food safety

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation.

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Practise food safety

Use different chopping boards and knives for raw meat and cooked foods

Wash your hands between handling raw and cooked food.

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Practise food safety

Sick animals and animals that have died of diseases should not be eaten

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Hand Washing Technique

WHEN TO USE A MASK

For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection

Wear a mask, if you are coughing or sneezing

Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water

If you wear a mask then you must know how to use it and dispose of it properly

World Health Organization