

# HOW TO BEST PROTECT YOURSELF FROM THE NEW CORONAVIRUS INFECTION (COVID-19)



## Wash your hands frequently!

Use thoroughly water and soap or disinfect your hands using an alcohol-based rub, even if they don't seem dirty to you. Wash your hands before every meal or snack or whenever you touch an object that others have touched before (like doorknob). The soap and disinfectants kill the viruses that makes us ill and who are invisible.

## Cover your nose and mouth when you sneeze or cough!

Sneeze and cough in the inside of your elbow or in a paper napkin and throw it immediately in a bin with a cover, then wash your hands. The virus can get inside the body through the eyes, nose or mouth, so it's important not to touch your face unless you hands are properly cleaned and sanitized.



## If you don't feel well, stay home and tell the ones who can help you.

Are you feeling feverish or sense that something is not right with your state of health? Do you have a sore throat, you are coughing or have difficulty breathing? Tell these immediately to those who can help you: teachers, parents or school medical personnel.



