CORONAVIRUS COVID-19
INFORMATION AND GUIDELINES

HOW TO PROTECT YOURSELF?

- Wash your hands regularly and properly with water and soap.
- Cough or sneeze into the crease of the elbow or in a tissue.
- Avoid shaking hands or kissing.
- Avoid touching your face with your hands.
- Avoid close contact with sick people.
- Stay home if you are sick. Don’t go to work or school.

WHAT ARE THE SYMPTOMS?

Symptoms resemble those of the flu. The infection remains mild for the majority of cases.

HOW DOES THE VIRUS SPREAD?

- A normal mask does not protect against contamination.
- The virus is spread via respiratory droplets expelled when a person coughs or sneezes.

FOR INFORMATION:
8002 - 8080

IN CASE OF EMERGENCY:
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