

Coronavirus Covid-19 Prevention Tips



How to prevent catching and spreading Coronavirus.

PREVENT CATCHING THE VIRUS

- ✓ **Wash your hands often for at least 20 seconds.**
- ✓ **Avoid touching your eyes and mouth with unwashed hands.**
- ✓ **Avoid close contact with people who are sick.**
- ✓ **Cover your coughs & sneezes with a tissue and throw out the tissue.**

PREVENT SPREADING THE VIRUS

- ✓ **Disinfect surfaces that you touch. Wash your hands often for at least 20 seconds.**
- ✓ **Avoid close contact with people and wear a face mask to cover your coughs and sneezes.**
- ✓ **Stay at home while you are sick.**
- ✓ **Monitor your symptoms and seek medical attention if your symptoms worsen.**



BENCHMARK

Connecting to what matters