

# PREVENT THE SPREAD OF COVID-19 IN 7 STEPS

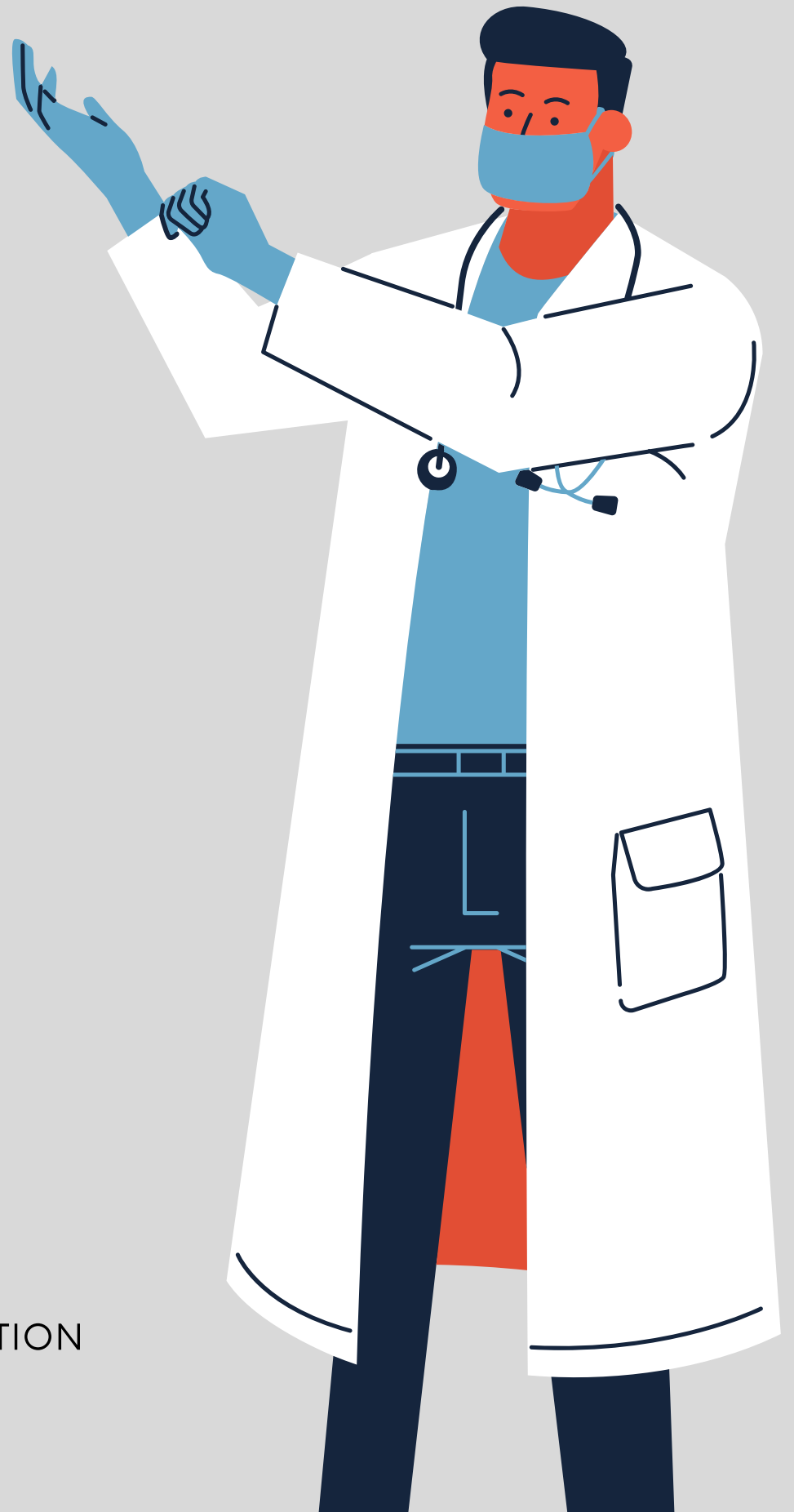


**#COVID19 #CORONAVIRUS**

SOURCE: WORLD HEALTH ORGANIZATION

# 01.

Wash your hands  
frequently



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# 02.

Avoid touching  
your eyes, nose  
and mouth

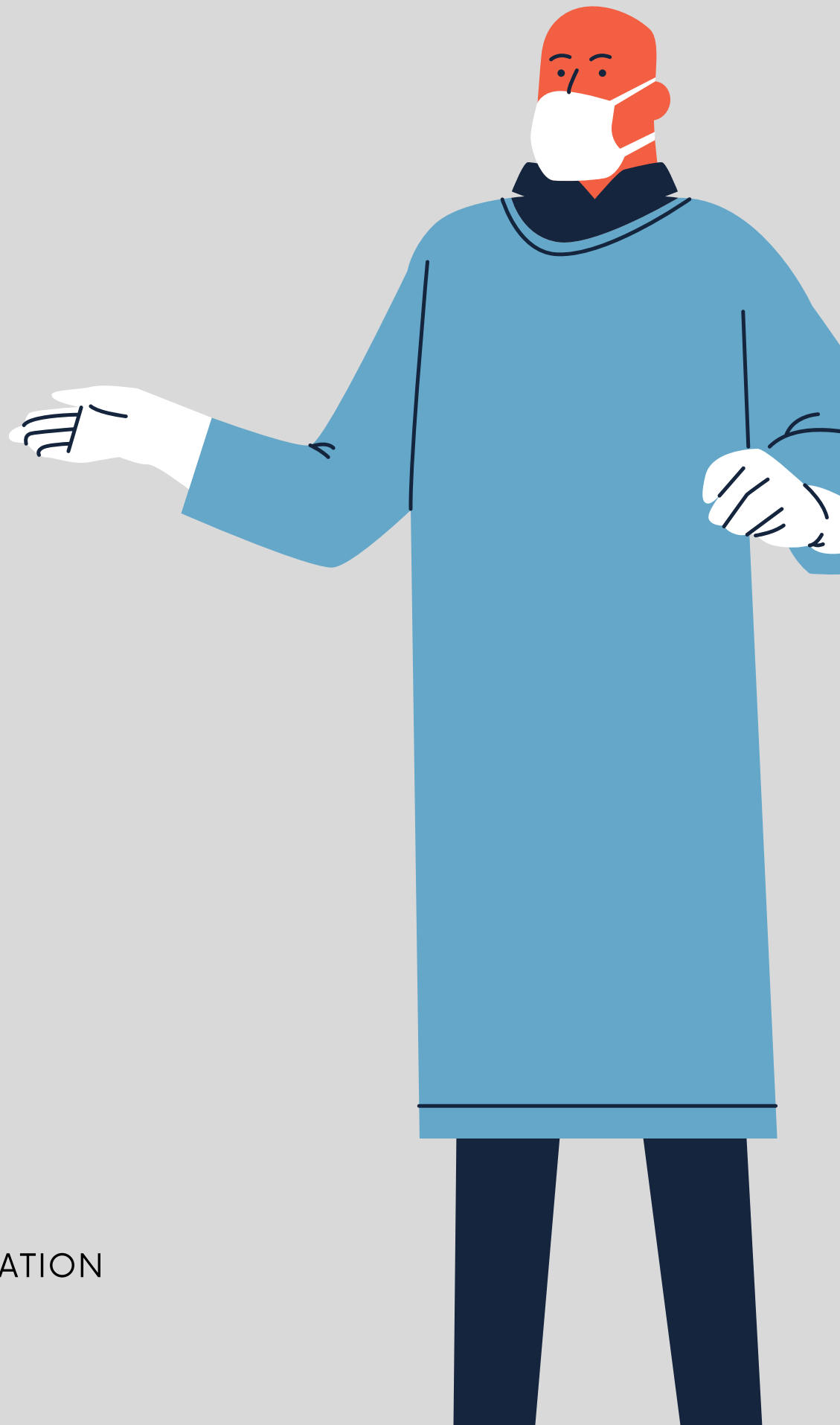


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# 03.

Cover your  
cough using the  
bend of your  
elbow or a tissue

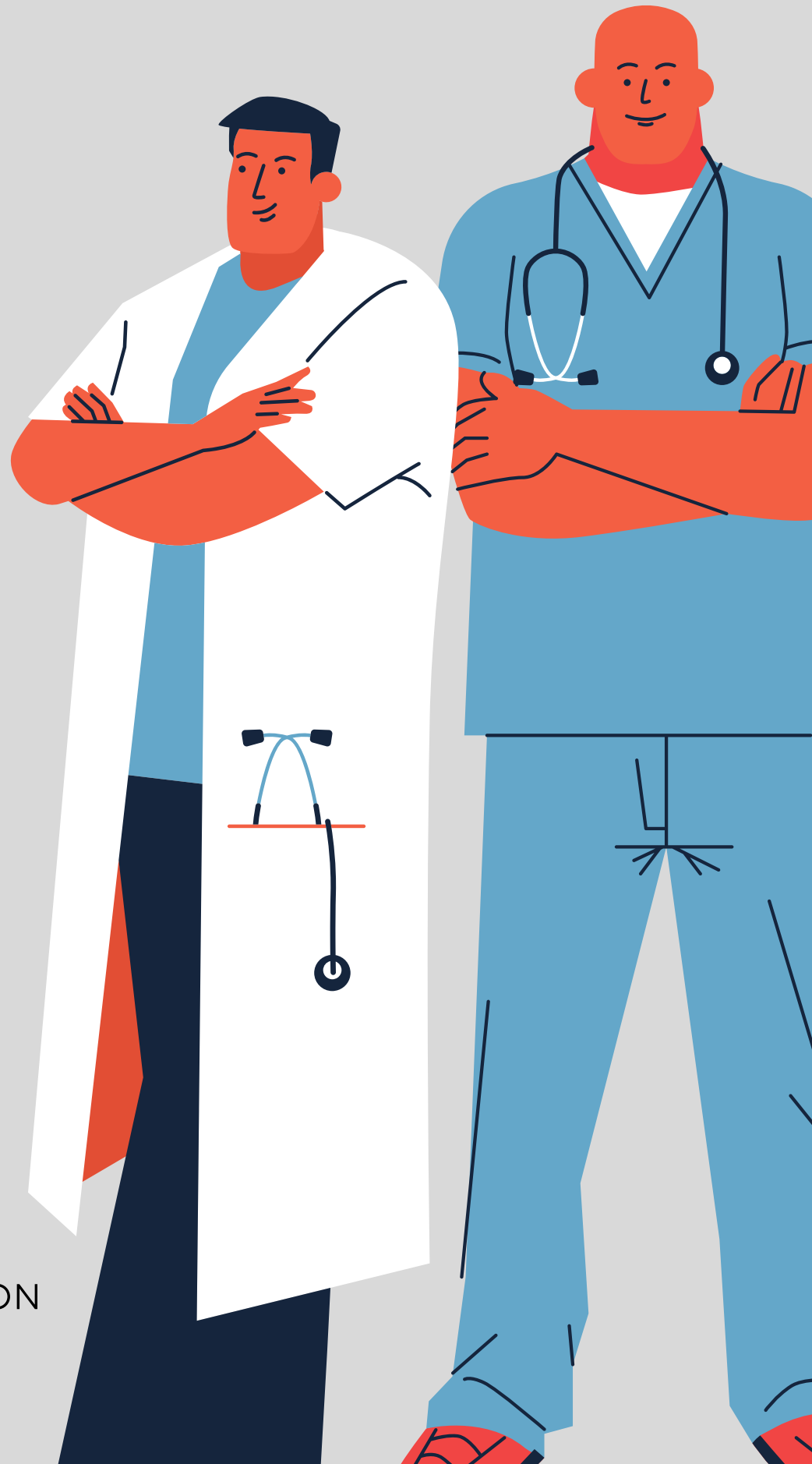


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# 04.

Avoid crowded places and close contact with anyone that has fever or cough



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# 05.

Stay at home  
if you feel unwell



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# 06.

If you have a fever,  
cough and difficulty  
breathing, seek  
medical care early  
— but call first



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# 07.

Get information  
from trusted sources



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