

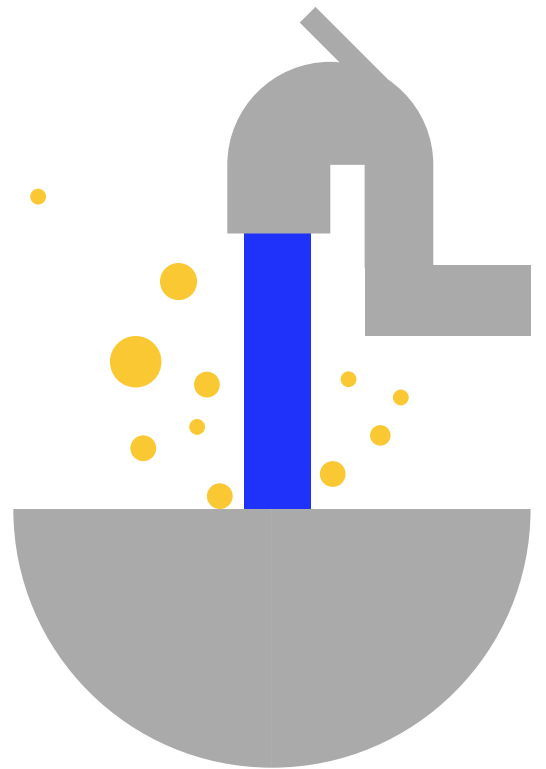
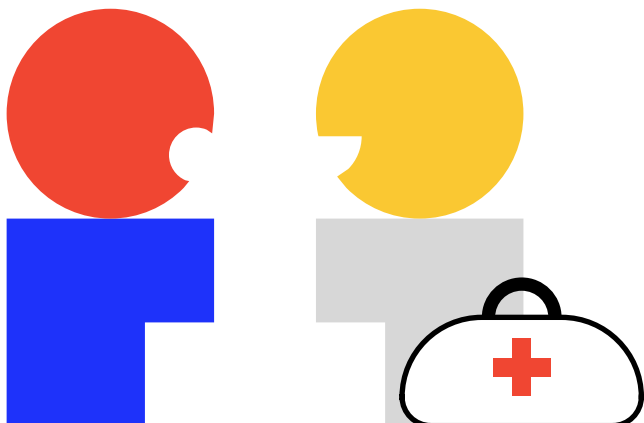
Protect yourself and others from getting sick

Based on the World Health Organization's recommended practices to reduce the spread of transmissible diseases.

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

When coughing and sneezing **cover mouth and nose** with flexed elbow or a tissue – then throw tissue away and wash your hands.

If you have a fever, cough and difficulty breathing **seek medical attention early** and share your previous travel history with the health care provider.



If appropriate, practice simple social distancing techniques (maybe fewer handshakes, unnecessary hugging and, of course, keep washing your hands frequently).

Avoid close contact with anyone who clearly has a fever and cough.

