PROTECTIVE MEASURES
Coronavirus (COVID-19)

Wash your hands
frequently and
thoroughly, for at
least 20 seconds.
Use alcohol-based
hand sanitizer if
soap and water
aren’t available

Cover your
mouth and nose
with a tissue or into
your elbow when
you cough or sneeze
then throw the
tissue in the bin and
wash your hands

Wear a face mask
Face masks are one
more tool used by the
general public and
essential workers to
protect each other from
respiratory droplets
produced when we
cough, sneeze or talk

Clean and disinfect
surfaces and objects
that people
frequently touch

Avoid touching
your eyes, nose,
and mouth with
unwashed hands

Avoid close contact
with people who are
sick, sneezing or
coughing