



# Coronavirus Disease 2019 (COVID-19) preventive measures

## DO



Wash hands frequently  
Use alcohol-based hand  
sanitiser if soap and water  
are not available.



Cover your coughs  
and sneezes



Ensure food, including  
eggs, is thoroughly cooked

## AVOID



AVOID visiting wet markets or farms

AVOID direct contact with animals  
(live or dead) and their environment

AVOID contact with stray animals



AVOID close contact  
with sick people



AVOID touching  
your face



AVOID large gatherings

**DO NOT** travel  
if you are sick

