



Take care of yourself and others during COVID-19 Pandemic.

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

Protect and take care of yourself

- ✓ **Wash your hands often**
Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol
- ✓ **Avoid close contact** - Avoid close contact with people who are sick, even inside your home. Put distance between yourself and other people outside of your home.
- ✓ **Cover your mouth and nose with a cloth face cover when around others** - Do NOT use a facemask meant for a healthcare worker.
- ✓ **Take care of your body** - Eat healthy meals, sleep well, stay hydrated
- ✓ **Exercise** - Stretching, breathe deeply or meditate
- ✓ **Take breaks from COVID-19 news, including social media.**
- ✓ **Find enjoyable activities that help to keep you occupied, and in a positive headspace.**
- ✓ **Monitor Your Health**
Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. (<https://www.youtube.com/watch?v=oGruT7Fd54E&feature=youtu.be>)

Coronavirus Disease 2019 (COVID-19)

How to protect yourself and others from infection

Follow these good practices

<p>Always wash your hands with soap and running water when hands are visibly dirty. If your hands are not visibly dirty you can use an alcohol-based hand rub or soap and water.</p>	<p>Contact your nearest health care provider if you have fever and either cough or difficulty breathing, along with a history of travelling to one of the epidemic countries.</p>
<p>Cover your mouth and nose with disposable tissue when coughing or sneezing and dispose of tissue immediately after use.</p>	<p>Cough or sneeze into your upper sleeve or bended arm if a tissue is not available.</p>

Things to avoid

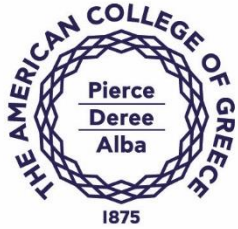
<p>Avoid close contact with people who have travelled from the areas experiencing an outbreak or those who show cold or flu-like symptoms.</p>	<p>Avoid direct unprotected contact with live farm or wild animals, as well as surfaces in contact with animals.</p>
<p>Avoid eating or drinking uncooked animal products, including raw meat, eggs and milk.</p>	<p>Avoid eating animals that have died of disease.</p>

emro.who.int/cov

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Protect yourself while caring for someone who is sick with COVID-19

As the coronavirus pandemic continues, many people are now taking care of loved ones who have become sick. Below are steps from the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) to help you safely care for someone else who is sick with COVID-19. If you are at higher risk for severe illness, see if it's possible for someone else to be the caregiver.

#coronavirus
#combatcovid19

World Health Organization
REGIONAL OFFICE FOR South-East Asia

IT'S
**CORONA
VIRUS**
TO TAKE CARE OF OTHERS

Take care to protect others.	Take care to be kind.	Take care of what you say.	Take care of ill persons.
If you have a cough, fever or difficulty breathing, stay away from others and seek medical advice.	Amplify positive stories. Help the vulnerable and elderly.	Spread facts, not rumours. Use credible information sources.	Ensure they rest, drink plenty of fluids and eat nutritious food.
Wear a mask. Wash hands regularly.	Show compassion to the sick and their families.	Be inclusive and empathetic.	Keep them mentally positive. Do wear a mask yourself while near them.

Only by taking care of yourself can you take care of others:
www.who.int/COVID-19
www.who.int/southeastasia

- ✓ **Keep your hands clean and away from your face.**
- ✓ **Clean your home frequently.**
- ✓ **Eat in separate rooms or areas.**
- ✓ **Avoid sharing personal items** - Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.
- ✓ **Consider wearing a face mask.** - If you need to be in the same room with the person who is ill and he or she isn't able to wear a face mask, wear a face mask.
- ✓ **Be careful with laundry.** - Don't shake dirty laundry. Use regular detergent to wash the sick person's laundry in the warmest setting.
- ✓ **Be careful with dishes.** - Wash the items the sick person used with soap and hot water or in the dishwasher wearing gloves.
- ✓ **Avoid direct contact with the sick person's bodily fluids.** - Wear disposable gloves and a face mask when providing oral and respiratory care and when handling
- ✓ **Avoid having unnecessary visitors in your home until the sick person has completely recovered.**

Thanks for everything you do to make the world a better place!