PUBLIC HEALTH INFORMS YOU: CORONAVIRUS PREVENTION

AVOID CONTACT WITH SICK PEOPLE

COVID-19 is a highly contagious respiratory disease that spreads from person to person. That is why, you should not be with people who have been diagnosed with this disease and if you are sick you should consult with the health provider.

AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

Avoid contact with these parts is crucial, you should always cover your nose and mouth with a tissue, when sneezing or coughing. Then throw it away and do proper handwashing to prevent diseases from spreading.

WASH YOUR HANDS FREQUENTLY

Hands should be washed constantly for at least 20 seconds. If you can not wash them, you should use a disinfectant with at least 60% alcohol.

DISINFECT FREQUENTLY TOUCHED SURFACES

Cleaning is very important, in this way we eliminate the microbes that are on the surfaces.

Important! If you have any symptoms remember to visit your healthcare provider or visit an emergency room.

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