

# **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.**