

# HOW CAN I PROTECT MYSELF AGAINST COVID19?

Wash your hands frequently

**Avoid touching** your eyes, nose, and mouth

Put space between yourself and others

Cough or sneeze into your **bent elbow or a tissue**

If you have fever, cough, or difficulty breathing,  
**seek care early.** Call beforehand and follow medical  
advice.

SOURCE: WORLD HEALTH ORGANIZATION

