

Novel coronavirus

Protect yourself and others

The novel coronavirus typically spreads from one person to another in places with many people present via direct physical contact (shaking hands, hugging, kissing, etc.) and via droplets when an infected person coughs or sneezes.

Take care of your health and protect others by doing the following:



**Wash your hands frequently
or sanitize your hands with
an alcohol-based hand rub**



**Cough or sneeze into your
sleeve, not your hands**



Limit physical contact
– avoid handshakes, refuse
kisses on the cheek and
avoid hugging



Be diligent with cleaning
– both at home and in
your workplace



**If you are older or have
a chronic illness, avoid crowds
of people and advise others
to be aware of your condition**