



Healthy Habits

Basic Preventative Measures

Wash your hands frequently

Wash your hands frequently with an alcohol-based hand rub or soap and water. Why? Washing your hands with an alcohol-based hand rub or soap and water kills the virus if it is on your hands.

Practice respiratory hygiene- When coughing and sneezing, cover mouth and nose

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water. Why? Covering your mouth and nose when coughing and sneezing prevent the spread of germs and viruses. If you sneeze or cough into your hands, you may contaminate objects or people that you touch.

Maintain social distancing

Maintain at least 1-meter (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever. Why? When someone who is infected with a respiratory disease, like 2019-nCoV, coughs or sneezes they project small droplets containing the virus. If you are too close, you can breathe in the virus.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.