

WHO - World Health Organization

Basic protective measures against the coronavirus:



Regularly clean your hands with an alcohol-based hand rub or wash them with soap and water.



Maintain social distancing
Maintain at least 1 metre (3 feet) distance between yourself and other people



Practice respiratory hygiene by covering your mouth and nose with your bent elbow or tissue, when you cough or sneeze.



Avoid touching eyes, nose and mouth, because hands touch many surfaces and can pick up viruses.



Follow advice given by your public health authority on how to protect yourself and others!

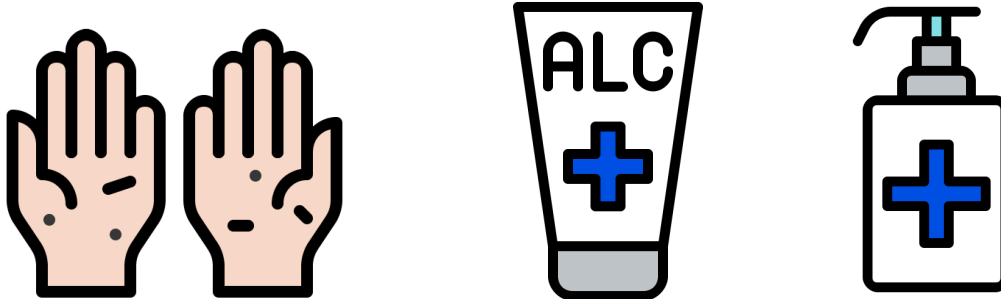


Stay at home - save lives!

Additional Measures

In case of water shortage:

Wash your hands frequently with a hydroalcoholic solution.



When to use masks?

- if you are healthy, you only need to wear a mask if you are taking care of a person with COVID-19,
- if you cannot keep a distance of at least 1 meter to other people,
- if you are coughing or sneezing.

Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.

How to wear medical masks

- before putting on a mask, clean hands with alcohol-based hand rub or soap and water,
- cover mouth and nose with mask,
- avoid touching the mask while using it,
- wash and dry reusable masks in the sun,
- do not re-use single-use masks,
- to remove the mask: remove it from behind and discard it properly,
- clean hands with alcohol-based hand rub or soap and water.



Text adapted from WHO www.who.int/

Graphics: www.iconfinder.com/

Photos of reusables masks produced by women's organizations (from left): SOFEDEC in DR Congo and CEFAP in Cameroon