2019-nCoV
Wuhan Coronavirus

Symptoms

- Headache & Sore Throat
- Fever
- Cough
- Shortness of Breath
- Shaking Chills
- Diarrhea

Take Care
1. Wear Mask
How to wear your Mask?

1. Pull the ear loops over your ears.
2. Cup the mask over your nose and mouth.
3. Adjust the mask to fit snugly.
Teach your family members.
2. Wash your Hands
HOW TO WASH HANDS PROPERLY
3. Eat boiled food
4. Avoid contact with your nose, eyes and mouth without washing your hands

DON'T TOUCH YOUR FACE!

DON'T TOUCH NOSE

DON'T TOUCH EYES

DON'T TOUCH MOUTH
5. Use Sanitiser

HOW TO USE HAND SANITIZER

1. Apply pea size amount to your hands
2. Rub hands together covering back of hands and palms
3. Rub hands until dry (20 seconds)
6. Cover your mouth while coughing
7. Keep your distance
PERSONAL CARE
"WE WILL STOP THIS TOGETHER"