

Reduce your risk of **coronavirus** infection:



Frequently clean hands by using alcohol-based hand rub or soap and water.

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands.



Avoid close contact with anyone that has fever and cough

Thoroughly cook meat and eggs



Avoid unprotected contact with live wild or farm animals



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Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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Wash your hands

Wash your hands with soap and running water when hands are **visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



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Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue – throw tissue away immediately and wash hands.



Throw tissue into a closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough, and difficulty breathing **seek medical care early** and share previous travel history with your health care provider.



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Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food



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Practise food safety

Sick animals and
animals that have
died of diseases
should not be
eaten



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Practise food safety

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation



Working in wet markets?

Stay healthy!



Wear protective gowns, gloves, masks and facial protection while handling animals and animal products

Remove protective clothing after work, wash aprons daily and leave at the work site



Avoid exposing family members to soiled work clothing and shoes



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Working in wet markets?

Stay healthy!



Frequently **wash your hands** with soap and water after touching animals and animal products

Clean and disinfect equipment and working area at least once a day



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STAY HEALTHY WHILE TRAVELLING

**Avoid travel if you have
a fever and cough**



**If you have a fever, cough and
difficulty breathing seek medical
care early and share previous
travel history with your health
care provider**



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STAY HEALTHY WHILE TRAVELLING

**Avoid close contact
with people suffering
from a fever and cough**



**Frequently clean hands by
using alcohol-based
hand rub or soap and water**

**Avoid touching eyes,
nose or mouth**



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STAY HEALTHY WHILE TRAVELLING

When coughing or sneezing
cover mouth and nose with
flexed elbow or tissue - throw
tissue away immediately and
wash hands



If you choose to wear a mask, be
sure to cover mouth and nose –
avoid touching mask once it's on



Immediately discard single-use mask
after each use and wash hands after
removing masks



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STAY HEALTHY WHILE TRAVELLING

If you become sick
while travelling,
inform crew and seek
medical care
early



If you seek medical
attention, share travel
history with your health
care provider



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STAY HEALTHY WHILE TRAVELLING

**Eat only well-
cooked food**



Avoid spitting in public

**Avoid close contact
and travel with
animals that are sick**



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