Stay aware of COVID-19 outbreak. Most people who become infected experience mild illness and recover, but it can be more severe for other. Take care of your health and protect others by doing the following:

1. Wash your hands frequently
2. Stay at home and maintain physical distancing
3. Avoid touching your eyes, nose, and mouth
4. Wear a mask and practice respiratory hygiene
5. If you have fever, cough, and difficulty breathing ,seek medical care early
6. Stay informed and follow advice given by your healthcare provider.
7. Maintain your physical health.

Regularly and thoroughly clean your hands with an alcohol based hand rub or wash them with soap and water . washing your hands with soap and water or using alcohol based hand rub kills viruses that may be on your hands

Stay home if you can avoid any non-essential travel. Avoid social gatherings of more than 10 people Maintain at least 1 meter distance between yourself and others, especially with anyone who is coughing or sneezing. When a person coughs or sneezes, she/he sprays small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the Covid-19 virus if the person coughing has the disease.

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth. From there, the virus can enter your body and make you sick.

Stay at home if you begin to feel unwell, even with symptoms such as a headache and slight runny nose until you recover. Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible Covid-19 and others viruses. If you develop fever cough, and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance will allow these your healthcare provider to quickly direct you to the right health facility. This will also help prevent the possible spread of Covid-19 and other viruses.

Avoid stress because stress can decrease your health which causes the virus to infect your body. He happy and think positively. Have a regular exercise to increase your immune. Consume healthy found and avoid to consume raw food. Having mental and physical and health can boost your immune system to protect you from disease, including Covid-19

Wear a mask especially when you are out from home or at public place. Wearing a mask can protect people n case you are infected. You also protect yourself from infected people because around of you, follow good respiratory hygiene. This means covering your mouth an nose with your bent immediately and wash your hands with soap and don't wear a mask. Then, dispose of the use tissue spread virus. By following good respiratory hygiene you protect the people around you from viruses such as flu, and Covid-19.

Stay informed on the latest developments about Covid-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from Covid-19. National and local authorities will have the most up to date information on whether Covid-19 is spreading in your area. They are best placed to advice on what people in your area should be doing to protect themselves.