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Main ideas	 Wash hands frequently.	 Avoid touching eyes, nose and mouth	 Keep at least 1 metre distance between yourself and others	 Wear a face mask	 Monitor Your Health
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Supporting ideas	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 infect you.	When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you may breathe in the droplets, including the COVID-19 virus.	Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.	Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Take your temperature if symptoms develop.	The cloth face cover is meant to protect other people in case you are infected.
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Click the link  to learn more about protect against Corona virus.