

## **Basic protective measures against the new coronavirus**

### Wash your hands frequently

Wash your hands often with an alcohol-based hand sanitizer or soap and water.

Why? Washing your hands with an alcohol-based hand rub or soap and water kills the virus if it is on your hands.

### Adopt respiratory hygiene measures

When coughing or sneezing, cover your mouth and nose with a bent elbow or a tissue; throw away the tissue immediately and wash your hands with an alcohol-based hand sanitizer, or soap and water.

Why? Covering the mouth and nose during coughing or sneezing prevents the spread of germs and viruses. If you sneeze or cough while covering with your hands you can contaminate objects or people you touch.

### Maintain social distancing

Keep at least 1 meter (3 feet) between you and other people, particularly those who cough, sneeze, and have a fever.

Why? When someone with a respiratory illness, such as the 2019-nCoV infection, coughs or sneezes, they project tiny droplets containing the virus. If you are too close, you can inhale the virus.

### Avoid touching your eyes, nose, and mouth

Why? Hands touch many surfaces that may be contaminated with the virus. If you touch your eyes, nose, or mouth with contaminated hands, you can transfer the virus from the surface to yourself.

Complete the information

sanitizer meter respiratory contaminated sneeze sneezing alcohol  
spread inhale coughing frequently respiratory measures distancing

1. If you \_\_\_\_\_ or cough while covering with your hands you can contaminate objects
2. \_\_\_\_\_-based hand rub or soap and water kills the virus
3. Wash your hands often with an alcohol-based hand \_\_\_\_\_ or soap and water
4. Keep at least 1 \_\_\_\_\_ (3 feet) between you and other people
5. When \_\_\_\_\_ or sneezing, cover your mouth and nose with a bent elbow or a tissue
6. Covering the mouth and nose during coughing or sneezing prevents the \_\_\_\_\_ of germs and viruses
7. If you sneeze or cough while covering with your hands you can \_\_\_\_\_ objects or people you touch
8. When someone with a \_\_\_\_\_ illness, such as the 2019-nCoV infection, coughs or sneezes, they project tiny droplets containing the virus
9. If you are too close, you can \_\_\_\_\_ the virus.
10. If you touch your eyes, nose, or mouth with \_\_\_\_\_ hands, you can transfer the virus from the surface to yourself.