



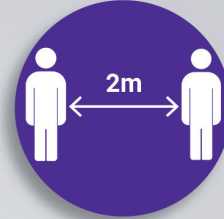
# Coronavirus: COVID-19

## HEALTH ADVICE

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**Wash your hands thoroughly and regularly**, especially when returning home. Wash thoroughly with soap and warm, clean water. Where available, use hand sanitiser with a high alcohol content.



**Maintain social distancing.** Apart from those you share a home with, you should avoid being any closer than two metres (six feet) from other people. This is still important even when undertaking, for instance, the distribution of food and other essential items. Find ways to place items where they can be collected while still maintaining a safe distance apart. Beneficiaries should also stay a safe distance from each other, so avoid situations where people are gathered in a single location.

Information from International Health Services, International Headquarters – based on advice from the World Health Organization (information correct as of 9 April 2020)

The effects of the pandemic caused by the novel coronavirus (also known as COVID-19) are being felt around the world. As The Salvation Army continues in its mission to meet human needs in Christ's name without discrimination, it is important to follow best practice to keep everybody as safe as possible.

The simplest piece of advice is to act as if you already have the virus (to avoid potentially infecting others) or as if everyone you come into contact with already has it (to keep yourself safe). Some people may have mild and even barely-noticeable symptoms but could infect vulnerable and elderly people, resulting in deadly consequences.



**Avoid touching your face, nose and eyes.** If you have an itch, wash your hands first!



**Avoid physical contact with other people.** This means no handshakes or hugs on greeting.



**Clean and disinfect surfaces often**, using a bleach-based cleaning fluid.



**Masks and gloves do not make you invincible!** Masks should only be worn where necessary, and should be applied after washing/sanitising hands. Poorly-fitting or damp masks can provide means with which the virus can enter the mouth or nose. Once worn, gloves and masks should be treated as medical waste and disposed of safely immediately after being removed (and then wash/sanitise your hands again) as they can harbour the virus for several hours after being taken off. Even when wearing a mask/gloves, behave as if you are not wearing them – no touching of the face/eyes, don't touch the front of the mask and, as far as possible, maintain your distance from others.

**If you develop a new cough, fever or find yourself with breathing difficulties, stay home and self-isolate to avoid infecting other people.**



**If you have to cough or sneeze, do it into a clean paper tissue or your elbow** – not your hands or into the air/over other people. Throw the tissue away immediately.