



# Coronavirus COVID-19

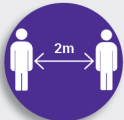


## QUICK CHECKLIST

Act as if you already have the virus (to keep others safe) and as if everyone else has it (to keep yourself safe). If you develop a new cough/fever/have breathing difficulties, stay home and self-isolate.



**Wash your hands thoroughly and regularly**, using hand sanitiser or soap and warm, clean water.



**Maintain social distancing.** Stay two metres (six feet) from other people – even beneficiaries.



**Avoid touching your face, nose and eyes.**



**Avoid physical contact with other people.** No handshakes/hugs.



**Cough or sneeze into a clean paper tissue or your elbow**, then throw the tissue away immediately.



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



**Masks and gloves do not make you invincible!** Wash/sanitise hands before applying and after removing.

Information from International Health Services, International Headquarters, based on advice from the World Health Organization (correct as of 9 April 2020). For full information, see [sar.my/covid19info](http://sar.my/covid19info)



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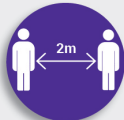


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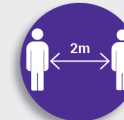


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