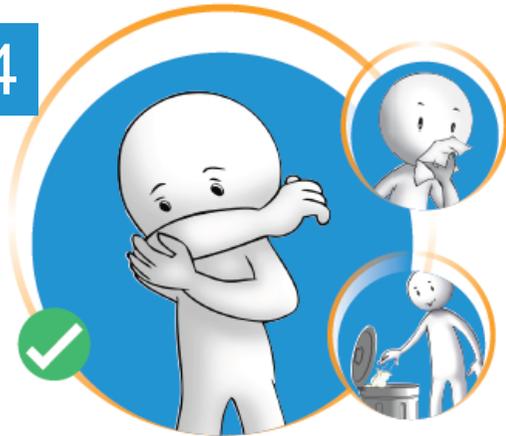


How to Protect our self from Corona Virus

4



Practice Respiratory Hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Use face masks only when you are sick or caring for sick person

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19

How to Protect our self from Corona Virus

If you have fever, cough and difficulty of breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, contact your nearest health care provider. Follow the directions of your local health authority.

Why? Your local health authorities will have the most up to date information on the situation in your area. . This will also protect you and help prevent spread of viruses and other infections.

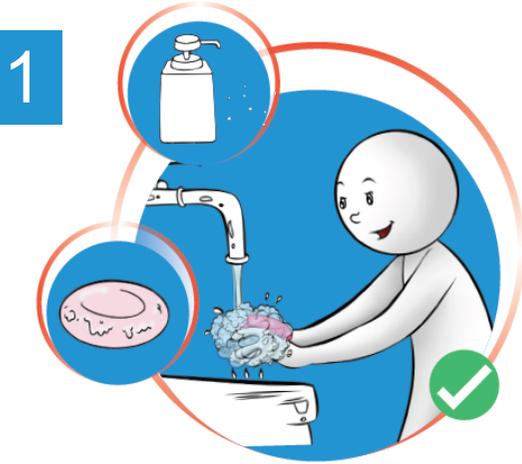


5

How to Protect Your self and Others from Corona Virus

Corona Viral Disease (COVID-19) is caused by Corona virus and still affecting most countries in the world including our neighboring countries Iraq, Iran and Turkey. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following

How to Protect our self from Corona Virus



1 Wash your hands frequently

Regularly wash your hand with soap and running water when hands are visibly dirty. If your hands are not visibly dirty you can use an alcohol-based hand rub (70% alcohol) or wash them with soap and water. Particularly when you enter your home before touching any anything to protect your family

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands

How to Protect our self from Corona Virus

Maintain Social distancing

Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray 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



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How to Protect our self from Corona Virus



3 Avoid touching eyes, nose and mouth

Why? 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 can make you sick.