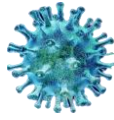




# COVID -2019



## AHPI and ANBAI – Advisory for General Public

### Hands Protection

- Wash hands frequently with soap and water
- Apply hand sanitizer between washes



### Nose/Mouth Protection

#Mask to be worn – if you cough/sneeze or care for some with cough/sneeze

- Cover mouth and nose without gap between mask and face
- Change mask when damp, remove mask holding ear loops



### Travel related Protection

- Restrict travel unless necessary
- Avoid places of mass gathering



### Public Protection

- Use elbow or tissue/hanky while coughing
- Visit doctor –if you have fever, cough & breathing difficulty

