Prevent the spread of COVID-19 in **7 STEPS**

01. Wash your hands frequently

02. Avoid touching your eyes, nose and mouth

03. Cover your cough using the bend of your elbow or a tissue

04. Avoid crowded places and close contact with anyone that has fever or cough

05. Stay at home if you feel unwell

06. If you have a fever, cough and difficulty breathing, seek medical care early — but call first

07. Get information from trusted sources

SOURCE: WORLD HEALTH ORGANIZATION