

HOW I AVOID THE RISK OF COVID 19 INFECTION

Draw your own poster.

Wash my hands frequently with soap and water or hand sanitizer.	Stay at home as much as possible.
When I cough or sneeze, I cover my mouth and nose with my flexed elbow or a tissue.	Seek medical care if I have a fever, dry cough or difficulty breathing.
Avoid touching my eyes, nose and mouth with unwashed hands.	Keep 1.5 meters away from people I don't live with.