

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.