



# What can I do to protect myself and others?



## Wash your hands frequently

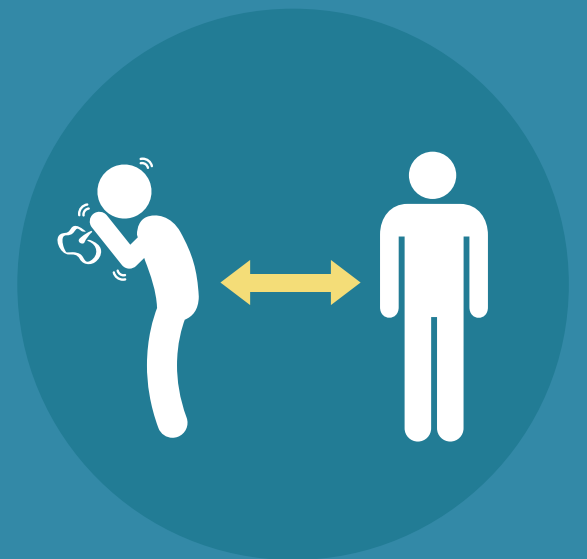
with soap and water or alcohol-based hand rub.

**Why?** Washing your hands with an alcohol-based hand rub or soap and water kills the virus if it is on your hands.

## Maintain social distancing

Maintain at least a 2 metre distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.

**Why?** When someone who is infected with a respiratory disease, like 2019-nCoV, coughs or sneezes they project small droplets containing the virus. If you are too close, you can breathe in the virus.



## Avoid touching eyes, nose and mouth

**Why?** Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.