



COVID-19 CORONAVIRUS HANDBOOK

For Shawanaga First Nation
Community Members

This Handbook is prepared for the community of **Shawanaga First Nation** to assist in delivery of education on the Coronavirus (COVID-19). This document is current as of March 10, 2020.

Although there are zero reported cases in our Health Unit, the threat of the Coronavirus spreading to our area is very real. We are being told that "it is not a matter of if- it is a matter of when" the Coronavirus will get here. It is important and crucial to take additional precautions to avoid contracting the virus and to prevent the spread of the virus within our community.

On March 6, 2020, the US Centres for Disease Control and Prevention (CDC) said that older adults and people with chronic medical conditions (ie. Heart or lung disease, diabetes, or compromised immune systems) should "stay at home as much as possible" due to the Coronavirus. The CDC has advised that "early data suggests older people are twice as likely to have serious illness from the corona virus."

Generally speaking, the advice that is being given globally is to consider avoiding activities that involve large crowds, travelling by plane, going to theaters, crowded malls, etc. In addition to washing your hands regularly with soap, it is recommended to reduce face to face contact with people.

On March 5, 2020 The World Health Organization (W.H.O.) called on every country to take precautionary steps and act with speed, scale and clear-mind determination. Some of the statement released included this message;

"We are concerned that in some countries the level of political commitment and the actions that demonstrate that commitment do not match the level of the threat we all face. We are calling on every country to act with speed, scale and clear-minded determination. Although COVID-19 presents an acute threat now, it is absolutely essential that countries do not lose this opportunity to strengthen their preparedness systems. We're all responsible for reducing our own risk of infection, and if we're infected, for reducing our risk of infecting others. Ultimately, how deadly this virus will be depends not only on the virus itself, but on how we respond to it. There's something all of us can do to protect vulnerable people in our communities."

Shawanaga First Nation does have an Emergency Response & Pandemic Plan, that will be implemented if necessary.

This handbook is not being created to create fear, it is intended to provide educational materials to our community members, so that when the time comes, we are prepared together.

Thank you for taking the time to read this handbook and be educated and helping us, as a community to be prepared. Please use this document and graphic attachments as educational pieces and best practices in your homes.

Miranda Ketcheson,

Community Health Representative
Shawanaga Healing Centre



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WHAT IS THE CORONAVIRUS (COVID-19)?

The Coronavirus (COVID-19) is a new disease that has not been previously identified in humans.

WHAT ARE THE SYMPTOMS?

Those with COVID-19 may have little or no symptoms. You may not know you have the symptoms because they are similar to the cold or flu. Symptoms may take up to 14 days to appear after you have come in contact with it.

CORONAVIRUS DISEASE (COVID-19) Symptoms are usually mild to moderate and can include:

- Fever
- Cough
- Difficulty breathing

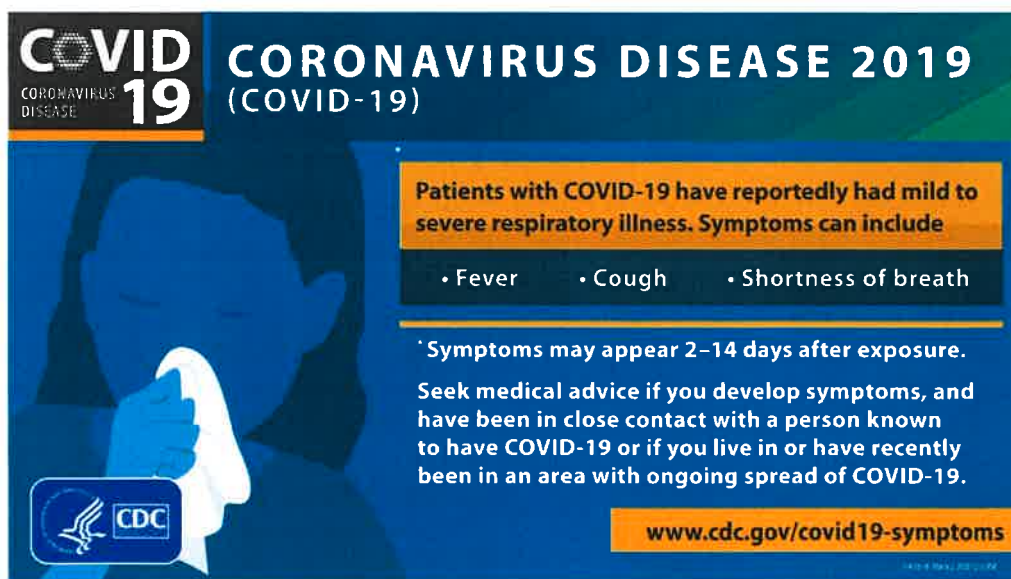
Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illnesses will recover on their own.

You should:

- drink plenty of fluids
- get rest and sleep as much as possible
- try a humidifier or a hot shower to help with a sore throat or cough

If you need immediate medical attention you should call 911 and mention your travel history and symptoms.



IS THERE A TREATMENT, CURE OR VACCINE FOR COVID-19?

No. There is no treatment, cure or vaccine for COVID-19. The flu shot does not protect against COVID-19.

HOW IS COVID-19 SPREAD?

It is believed to be spread from person to person by coughing, sneezing or direct contact with a sick person or surfaces they have recently touched. It can also spread if you touch something with the virus on it, then touching your mouth, nose or eyes before you wash your hands.

HOW TO PROTECT YOURSELF

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre.

There is no vaccine available to protect against the 2019 novel coronavirus.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- Wash your hands often with soap and water or alcohol-based hand sanitizer
- Sneeze and cough into your sleeve, avoid hands
- Avoid touching your eyes, nose or mouth
- Avoid contact with people who are sick
- Stay home if you are sick



OTHER WAYS WE CAN PROTECT OURSELVES

- Change our greetings from a handshake to a smile
- Limit close contact with others – min. 1 metre
- Frequently wash common touched areas and objects like doorknobs and countertops
- Limit contact with anyone ill or sick

BEING PREPARED

We need to be aware of this virus. We need to think ahead about the actions we can take to stay healthy and prevent the spread of any illness. We need to educate ourselves and loved ones and plan to consider what we will do if any one of us becomes sick and needs care.

PLAN AHEAD AND GETTING PREPARED

We need to think about:

- What foods and household supplies we need for ourselves and our families;
- What medicines we would need – including renewing and refilling prescriptions ahead of time
- Having discussions and plans with family, friends and neighbours - set up a system to check in on each other by phone, text and email during times of need
- Plan for how you will handle child care if schools and day cares are closed
- Keep up with local announcements
- Have a back up plan to care for those you may be caring for in case you get sick
- Choose a room and bathroom in your home that can be used to separate sick household members from those who are healthy (if possible)

STOCK UP ON ESSENTIALS

It is important to stock up on essentials, but avoid panic buying.

At this time, it is recommended to ensure you have a stock of non-perishable food items and supplies. This is so you do not need to go shopping if you become sick or in case of a peak outbreak you won't need to leave your home.

Good options to stock up on are as follows:

- Dried Pasta and rice Pasta Sauces
- Canned Soups, vegetables and beans
- Canned baby food
- Hygiene products
- Diapers
- Anti-bacterial soap
- Alcohol-based hand sanitizer
- Fever reducing medicines (acetaminophen or ibuprofen for adults and children)
- Toilet paper
- Paper Towels
- Plastic Garbage Bags
- Dish Soap
- Laundry Detergent
- Household bleach and other cleaning products

DIAGNOSIS OF COMMUNICABLE DISEASE

- 1) Confirmation of Diagnosis at Hospital
- 2) Immediate Quarantine (14 days)
- 3) Get in touch with all recent contacts
- 4) Ensure adequate food, shelter, medication and supports
- 5) Health Teachings (Household sanitization, Hand washing)
- 6) Daily monitoring for change in condition (Physically/Mentally)

IF YOU ARE SICK

Call ahead to a healthcare professional if you develop a fever and symptoms or if you have been in close contact with someone known to have COVID-19. This will help the healthcare provider's office to take steps to keep other people from getting infected or exposed.

Tell the healthcare professional about your recent contact. Your health care provider will advise you if hospital care is more appropriate.

People who are mildly ill with COVID-19 are able to isolate at home during their illness. Activities outside of the home should be restricted except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis.

Separate yourself from other people and animals in your home. As much as possible stay in a specific room and away from other people in your home. You should wear a facemask that covers your nose and mouth completely to avoid spreading the virus.

Cover your coughs and sneezes - cough and sneeze into your sleeve/arms

Clean your hands often with antibacterial soap and use alcohol based hand sanitizer.

Avoid sharing personal household items - dishes, drinking glasses, cups, eating utensils, towels or bedding.

Clean all "high touch" surfaces everyday - doorknobs, counters, tabletops, bathroom fixtures, toilets, phones, keyboards, tablets, bedside tables, etc.

Monitor your symptoms. SEEK PROMPT MEDICAL ATTENTION IF YOUR ILLNESS WORSENS. (example - difficulty breathing). BEFORE seeking care, call your healthcare provider and let them know you will be arriving.

HOW TO CARE FOR THOSE WHO ARE ILL

If you or a member of your family become ill with COVID-19, there are precautions that should be taken in the home. If the loved one is older or an infant and is experiencing fever, shortness of breath or breathing rapidly, or have underlying medical conditions - it is important to call ahead to a hospital and seek medical attention.

To prepare for this potential situation, you should have on hand:

- Anti-bacterial soap
- Facial tissue
- Alcohol-based hand sanitizer
- Paper towels Household cleaning products
- Regular detergents for washing dishes and doing laundry
- Fever-reducing medication
- Plastic garbage bags for containing soiled tissues and other waste
- Household bleach for creating a solution of 1 part bleach to 9 parts water to disinfect surfaces

Make sure you understand and can help your loved one follow their healthcare provider's instructions for medication and care. You should help you loved one with basic needs.

Monitor your loved ones symptoms. If the symptoms get worse call the hospital and let the hospital know what is happening.

Household members should stay in another room or be separated from the sick individual as much as possible

Prohibit visitors who do not have an essential need to be in the home

Do not handle pets when sick

Ensure that shared spaces have good air flow

Ensure that handwashing is completed often with soap and water. Alcohol based hand sanitizer is also recommended.

Avoid touching eyes, nose and mouth with unwashed hands.

Sick person should wear a facemask when around other people.

Wear a facemask and disposable gloves when you have contact with a sick person and dispose of the facemask and gloves after using them in a lined container before disposing them with other household waste. Wash hands with soap and water immediately after handling the items.

Avoid sharing household items - dishes, drinking glasses, water bottles, cups, eating utensils, towels, bedding or other items. After use, wash them thoroughly.

Clean all "high touch" surfaces multiple times everyday - doorknobs, counters, tabletops, bathroom fixtures, toilets, phones, keyboards, tablets, bedside tables, etc.

TALKING TO CHILDREN ABOUT COVID-19

It is important to remember that children look to adults for guidance on how to react to stressful events. Caregivers should reassure children that adults are working hard to ensure that people stay healthy. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm. Teaching children preventative measures, talking to them about their fears, and giving them a sense of control over their risk of infection can help reduce anxiety.

SPECIFIC GUIDELINES

Below are guidelines you can follow in talking to children about COVID-19.

- **Remain Calm and Reassuring**
 - Children will react to and follow your verbal and nonverbal reactions.
 - What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
 - Emphasize to your children that they and your family are fine.
 - Remind them that you and other adults are there to keep them safe and healthy.
 - Let your children talk about their feelings.
- **Make Yourself Available**
 - Children may need extra attention and may want to talk about their concerns, fears, and questions.
 - It is important that they know they have someone who will listen to them; make time for them.
 - Tell them you love them and give them plenty of affection.
- **Avoid Excessive Blaming**
 - When tensions are high, sometimes we try to blame.
 - It is important to avoid stereotyping any one group of people as responsible for the virus.
 - Bullying or negative comments made toward others should be stopped.
- **Monitor T.V. viewing and Social Media**
 - Limit television viewing or access to information on the Internet and through social media.

- Try to avoid watching or listening to information that might be upsetting when your children are present
- Speak to your child about how many stories on the Internet may be based on rumors and fake information.
- Talk to your child about factual information of this disease—this can help reduce anxiety.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
- Maintain a normal routine to the extent possible
 - Keep to a regular schedule, as this can be reassuring and promotes physical health.
 - Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.
- Be Honest and Accurate
 - In the absence of factual information, children often imagine situations far worse than reality.
 - Don't ignore their concerns, children can be told this disease is thought to be spread between people who are in close contact with one another—when an infected person coughs or sneezes.
 - It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.
- Review and model basic hygiene and healthy lifestyle practices
 - Encourage your child to practice every day good hygiene-simple steps to prevent spread of illness
 - Wash hands multiple times a day for at least 20 seconds.
 - Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow.
 - Do not share food or drinks.
 - Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way
 - Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety. Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness

IMPORTANT PHONE NUMBERS & WEBSITES FOR UPDATES

Where	Contact Name	Number / Site
West Parry Sound Health Centre- (Hospital)	Receptionist	705-746-9321
Shawanaga FN – Band Office	Band Manager- Adam Good	705-366-2526
Shawanaga FN - Healing Centre	Executive Director – Lisa Geroux Community Health Rep. – Miranda Ketcheson	705-366-2378
Ontario Telehealth	Free & confidential health advice	1-866-797-0000
World Health Organization (WHO)	https://www.who.int/emergencies/diseases/novel-coronavirus-2019	
Ontario Ministry of Health	https://www.ontario.ca/page/2019-novel-coronavirus#section-0	
North Bay Parry Sound District Health Unit	https://www.myhealthunit.ca/en/health-topics/coronavirus.asp	

KNOW THE FACTS

ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



FEVER



COUGH



DIFFICULTY BREATHING

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus

phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

COVID-19 — BE PREPARED

Canada's health system is ready to respond to cases that arise in Canada, but it is important that individuals and communities are ready if there is widespread illness here at home.

Plan Ahead

Take time to consider what you will do if you or a family member becomes sick and needs care. Think about:

- ▶ What food and household supplies you need for you and your family
- ▶ What medicines you need, including renewing and refilling prescriptions ahead of time

Discuss your plans with your family, friends and neighbours, and set up a system to check in on each other by phone, email or text during times of need.

Get Prepared

Have supplies on hand so you do not need to leave your home if you become ill. Add a few extra items to your grocery cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.

Stock up on:

- | | | |
|--------------------------------------|---|-------------------------------|
| ▶ Dried pasta and rice | ▶ Diapers | ▶ Toilet paper |
| ▶ Pasta sauces | ▶ Soap | ▶ Paper towels |
| ▶ Canned soups, vegetables and beans | ▶ Alcohol-based hand sanitizer | ▶ Plastic garbage bags |
| ▶ Pet food and supplies | ▶ Fever-reducing medications (acetaminophen or ibuprofen for adults and children) | ▶ Dish soap |
| ▶ Feminine hygiene products | ▶ Facial tissue | ▶ Laundry detergent |
| ▶ Thermometer | | ▶ Household bleach |
| | | ▶ Household cleaning products |

Stay Healthy and Limit Spread

- ▶ Wash your hands frequently with soap and warm water for at least 20 seconds.
- ▶ Sneeze or cough into your arm or sleeve.
- ▶ Consider a wave or elbow bump in place of a handshake, hug or kiss.
- ▶ Reduce your exposure to crowded places by shopping or using transit during non-peak hours.
- ▶ Encourage those you know are sick to stay home until they no longer have symptoms.
- ▶ If you become ill, stay home until you are no longer showing symptoms. Contact your health care professional or local public health authority and tell them your symptoms. They will give you advice about what to do next.

Stay Informed

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus | phac.info.aspc@canada.ca



Public Health
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Canada

Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CS310275-A

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
**respiratory infections,
such as a cold or the flu**



Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!



What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



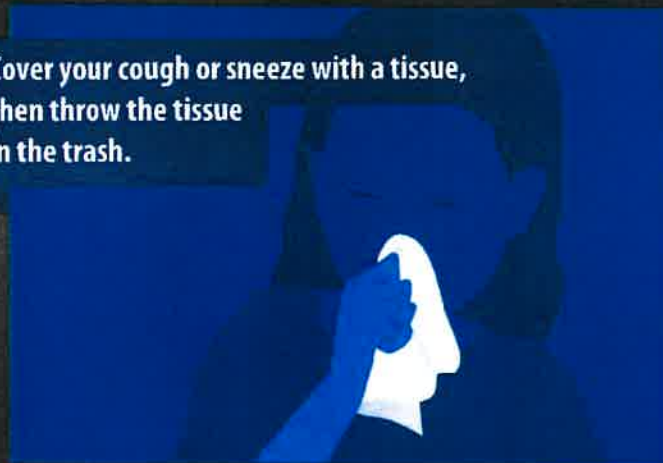
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

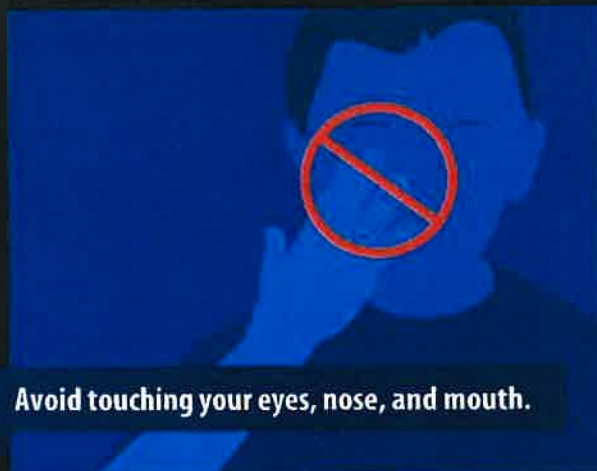
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



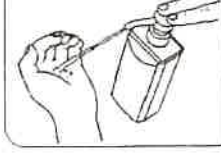
Wash your hands often with soap and water for at least 20 seconds.



How to handrub?

WITH ALCOHOL-BASED FORMULATION

1a



1b



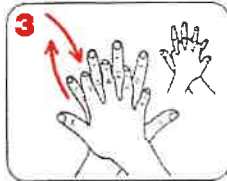
Apply a palmful of the product in a cupped hand and cover all surfaces.

2



Rub hands palm to palm

3



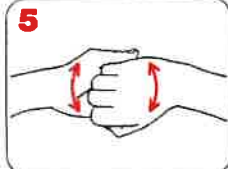
right palm over left dorsum with interlaced fingers and vice versa

4



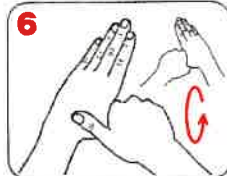
palm to palm with fingers interlaced

5



backs of fingers to opposing palms with fingers interlocked

6



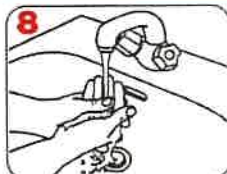
rotational rubbing of left thumb clasped in right palm and vice versa

7



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

8



rinse hands with water

9



dry thoroughly with a single use towel

10



use towel to turn off faucet



20-30 sec

8

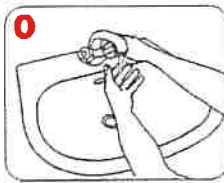


...once dry, your hands are safe.

How to handwash?

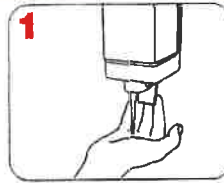
WITH SOAP AND WATER

0



Wet hands with water

1



apply enough soap to cover all hand surfaces.

4



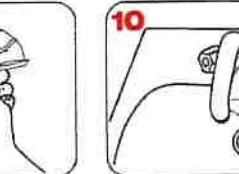
palm to palm with fingers interlaced

7



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

8



rinse hands with water

9



dry thoroughly with a single use towel

10



use towel to turn off faucet



40-60 sec

11



...and your hands are safe.



WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.



World Health Organization

Version 2020 - 2021

Wash YOUR HANDS!



Hands that look clean can still have icky germs!



HANDWASHING

is your superpower!



**FIGHT
OFF
GERMS!**

**WASH
YOUR
HANDS!**

www.cdc.gov/handwashing



HANDWASHING

is your superpower!



**FIGHT
OFF
GERMS!**

**WASH
YOUR
HANDS!**



www.cdc.gov/handwashing



Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health
Organization

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



World Health
Organization

Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



World Health
Organization