

HOW CAN I PROTECT MYSELF AGAINST COVID-19?

HHF
Saving
Lives
Restoring
Dignity

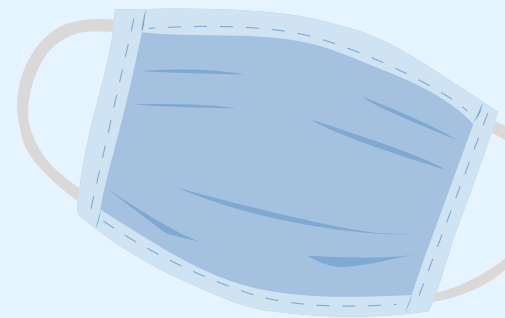
Wash your hands frequently

Avoid touching your eyes, nose, and mouth

Avoid crowded places and put space between yourself and others

Cough or sneeze into your **bent elbow or a tissue**

If you have fever, cough, or difficulty breathing, **seek care early**. Call your doctor or go to the hospital and follow your regional public health department advice.



Humanity & Health Foundation

Prevention. Promotion. Research

More information: www.humanitynhealth.org/coronavirus