WHAT IF GOING INTO QUARANTINE IS NOT AN OPTION YET?

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Wash your hands for at least 20 seconds

The more often, the better: before going out and after coming back home, after spending time in public places or transport, coughing or blowing your nose, talking to a sick person, having contact with animals or using the toilet, and before cooking and eating

Use a sanitizer containing at least 60% alcohol

Use it regularly to wipe surfaces which you often touch, such as a smartphone, a steering wheel, door handles, light switches, etc.

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WHAT IF GOING INTO QUARANTINE IS NOT AN OPTION YET?

Keep your hands away from your face, especially your nose, eyes and mouth

Temporarily say no to handshakes, hugs and kisses

Sneeze and cough properly

The best way is to cover your mouth and nose with a tissue and then immediately discard it. Another option is to cough or sneeze into your elbow

WHAT IF GOING INTO QUARANTINE IS NOT AN OPTION YET?

Avoid public transport and crowded places

Stay at least one meter away from other people

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Ask your older relatives to stay home

Arrange for food and medicines to be delivered to them and avoid visiting them unless absolutely necessary

stay home

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WHAT IF GOING INTO QUARANTINE IS NOT AN OPTION YET?

Stay home if you do not feel well

Contact your physician if you have a fever or dry cough

Rely on news only from trusted sources

Double-check what you read in social media chats and groups against official information published by the World Health Organization (WHO), national health institutes and mainstream media

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