



# Reduce your risk of Corona Virus infection



BEYOND  
ZERO  A culture  
of safety



Clean hands with soap and water or alcohol based hand rub



Cover your nose and mouth when coughing and sneezing with tissue, flexed elbow or wear mask



Avoid close contact with anyone with cold or flu-like symptoms



Thoroughly cook meat and eggs



Avoid unprotected contact with live wild or farm animals

## 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 your food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals and animal waste



Wash your hands with soap and running water when **hands are visibly dirty**

If **your hands are not visibly dirty**, wash them with soap and water or use an alcohol-based hand cleanser

## Protect others from getting sick

Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing



Throw tissue into closed bin after use



Clean hands after coughing or sneezing and when caring for the sick



## Protect yourself from getting sick



Avoid unprotected contact with sick people (including touching one's eyes, nose or mouth) and with live farm and wild animals

## Stay Healthy When Travelling



Avoid travel if you have a fever and cough



If you have fever, cough and difficulty of breathing, seek medical care immediately



Share previous travel history with your health care provider



Avoid close contact with people suffering from fever and cough



Frequently wash hands by using alcohol-based hand rub or soap and water



Avoid touching nose, eyes and mouth



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



Throw tissue away immediately and wash hands



If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask when it is on



Immediately discard single use mask