How to prevent the spread of the new coronavirus

Please wear a surgical mask when coughing or sneezing.





Adjust the mask to your nose by folding the wire



the nose to the chin.

your cell phone which you frequently touch with your hands. Follow the manufacture's instructions to clean it.

The virus may be attached to



Do not cover your nose and mouth with your hands when coughing or sneezing. The virus can spread this way.



If you use a tissue when you cough or sneeze, discard it into a trash (with a lid if possible).

The virus can attach itself



Images



If you do not have a mask or tissue , cough or sneeze into your inner elbow, not your palm.

You touch door knobs and various other places with your hand but not with your elbow.

Health and Medical Services Center