

# Avoiding Coronavirus (Including COVID-19), Cold and Flu

- Regularly and thoroughly wash hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60 percent alcohol when hand washing is not an option.
- Maintain at least three feet distance between yourself and anyone coughing or sneezing.
- Avoid touching eyes, nose and mouth. Your hands can pick up viruses, and those viruses can enter body through eyes, nose and mouth.
- Cover your mouth and nose with your bent elbow or tissue when coughing or sneezing.
- Stay at home if you begin to feel unwell, or experience any of the symptoms shown on the right, until you recover.
- If you develop fever, cough and difficulty breathing, seek medical advice from your primary care provider promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Calling in advance will allow your healthcare provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

## SYMPTOMS OF COVID-19

### MOST COMMON:

Tiredness  
Dry cough  
Fever

### OTHERS REPORT:

Shortness of breath  
Runny nose  
Sore throat

*Thank you for your help in keeping our employees healthy!*

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