

How to stay healthy at home

DOs ✓



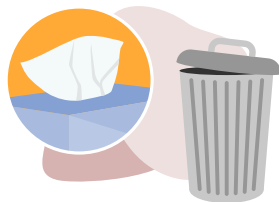
Regularly disinfect surfaces to ensure surfaces are clean and hygienic.



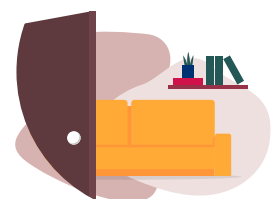
Promote regular handwashing among your family and friends. Make sure everyone has access to places where they can wash their hands with soap and running water, or an alcohol-based hand rub.



Remember to wash your hands when you enter your home and before and after cooking and eating food.



Make sure tissues are available for those who develop a runny nose or cough, and that there are closed bins to dispose of them.



Take family members or visitors to a private space if they suddenly develop COVID-19 symptoms and call your healthcare provider as soon as possible.

✗ DON'Ts



Don't allow guests to interact with your family members before washing their hands.



Don't prepare food without washing your hands first with soap and water for 40 seconds or an alcohol-based hand rub.



Don't forget to discuss hand and respiratory hygiene with your family members regularly.



Don't leave your house unless you need to if you are sick. Stay at home if you suspect you have COVID-19 and contact your health care provider promptly.



Don't disobey your doctor's order if you have been told to self-quarantine.