**COVID-19 PREVENTION**

How to stay healthy at home

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**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.

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**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.