HOW TO BEST PROTECT YOURSELF FROM THE NEW CORONAVIRUS INFECTION (COVID-19)

Wash your hands frequently!

Use **thoroughly water and soap** or disinfect your hands using an **alcohol-based rub**, even if they don't seem dirty to you. Wash your hands **before** every meal or snack or whenever you **touch an object** that others have touched before (like the doorknob). The soap and disinfectants **kill the viruses** that makes us ill and who are **invisible.**

Protect those around you! Cover your nose and mouth when you sneeze or cough!

Sneeze and cough **in the inside of your elbow** or in a **paper napkin** and throw it immediately in a bin with a cover, then **wash your hands.**

Don't touch your face if you haven't washed or disinfected your hands!!

The virus can get inside the body **through the eyes, nose or mouth**, so it's important **not to touch your face** unless your hands are proper **clean and sanitized.**

Keep the distance from people who show cold symptoms!

Keep **at least a meter away** from people who sneeze, cough or are having a runny nose. When someone coughs or sneezes, **saliva droplets, which contain the virus**, can touch those around and can pass them the disease.

If you don't feel well, tell the ones who can help you!

Are you feeling **feverish** or sense that something is not right with your state of health? Do you have a **sore throat**, you are **coughing** or have **difficulty breathing**? Tell this immediately to those who can help you: **teachers, parents** or school **medical personnel.**