

CORONAVIRUS

WHAT CAN I DO TO PROTECT MYSELF?



1 WASH YOUR HANDS FREQUENTLY.



2 WHEN COUGHING OR SNEEZING, COVER YOUR MOUTH AND NOSE WITH A HANDKERCHIEF.

THROW THE HANDKERCHIEF AWAY IMMEDIATELY AND WASH YOUR HANDS WITH AN ALCOHOL-BASED HAND DISINFECTANT, OR SOAP AND WATER.



3 KEEP AT LEAST ONE METRE AWAY FROM PEOPLE WHO ARE SNEEZING OR HAVE A FEVER OR COUGH.



4 AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.



5 INCREASE CLEANING OF SURFACES THAT ARE TOUCHED FREQUENTLY IN THE HOME AND IN PUBLIC SPACES.



ON THE BASQUE HEALTH SERVICE (OSAKIDETZA) AND DEPARTMENT OF HEALTH WEBSITES.