

# 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.