



Kuwait Cultural Office- London

Coronavirus (COVID-19)

DO



Wash your hands with soap and water often – do this for at least 20 seconds

Always wash your hands when you get home or into work



Use hand sanitiser gel if soap and water are not available



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze



Put used tissues in the bin straight away and wash your hands afterwards



Try to avoid close contact with people who are unwell

DON'T

Do not touch your eyes, nose or mouth if your hands are not clean

Reference: www.nhs.uk



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THE SYMPTOMS OF CORONAVIRUS ARE:



A COUGH



A HIGH TEMPERATURE



SHORTNESS OF BREATH

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.



Reference: www.nhs.uk