

## How to Minimize the Spread of

# COVID-19

### PERSONAL PROTECTIVE MEASURES

- ❖ Practice proper hand hygiene
- ❖ Cough and sneeze into your elbow or a tissue. Through it into a bin and wash your hand
- ❖ Wear a mask
- ❖ Distribute mask to health workers

### SOCIAL DISTANCING MEASURES

- ❖ Standing 6 feet away from a visibly symptomatic person
- ❖ Self-isolation of individuals with symptoms of a respiratory infection is one of the most important measures for reducing disease transmission.

### ENVIROMENTAL MEASURES

- ❖ Frequently clean used surfaces, clothes and objects
- ❖ Minimize sharing objects
- ❖ Ensure appropriate ventilation

