



# CORONAVIRUS

## (COVID-19) DEFENSE TIPS

Follow these easy steps to help prevent the spread of COVID-19

- 1** Everyone should wear a mask when they leave the house.  
Please encourage everyone you know to do this. There is international consensus that the course of the pandemic **CAN** be altered by this simple practice. If you don't have a mask please make a barrier with a scarf or a piece of cloth. This will reduce the number of viruses in the environment from infected people, both from coughing / sneezing and by touching their mouth / nose and leaving viruses on door knobs etc.



**25% or MORE** of the infected people have **NO** symptoms but carry the virus, **WILL** spread the disease and infect other people!

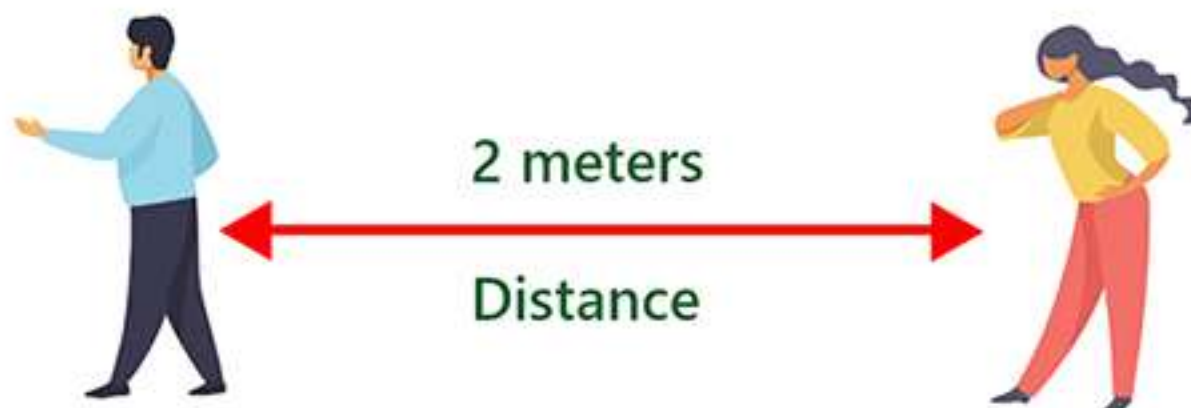
*Please make SURE that the mask covers your mouth and your nose at all times.*

This also is a barrier and offers some protection for the people that do not have the disease.



- 2** Do not touch your face, mouth, nose or eyes with your hands.  
The only time you can touch is immediately after washing with soap for a minimum of **20 seconds** and sanitizing after.

- 3** When you enter your home remove your outside clothes and store them in a separate closet. Keep your keys by the door so you don't have to touch them again. Wash and sanitize your hands, wipe your phones with alcohol and then change into inside clothes.



- 4** Don't get within **2 meters** or touch anyone that is not living with you.

- 5** Do not order prepared food from the outside. For delivered groceries, especially vegetables and **ANY** items that have been touched by human hands, transfer the contents from the outside package into a clean inside container and wash your hand immediately after. Leave the item for **24 hours** and then consume. The virus lives for **11-12 hours** on surfaces.



N95 mask

- 6** If you have a cluster of cases near you please obtain a N95 mask, which blocks the virus. This mask prevents the virus entry by rendering the entry points inaccessible.

In the low but catastrophic likelihood of someone near by coughing/ sneezing and sending a bunch of ripe droplets straight into your respiratory tract, you are protected.

- 7** If you feel unwell **DON'T WAIT**- get tested **IMMEDIATELY!**



*Please share this with as many people as you can.*

*I believe this is a global shared responsibility and all of us need to participate fully. We are ALL in the same boat*