Protect yourself and your families from Corona Virus Infection:

- Avoid contact with people with flu-like symptoms.
- Cover your nose and mouth with a tissue when sneezing and coughing or use flexed elbow.
- Dispose the used tissue immediately in a covered bin.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Wash your hands with soap and water or alcohol-based hand rub regularly.
- Avoid crowded areas if you have to go outside. Refrain from shaking hands.