

COVID-19 PROTECTION PROTOCOL

WHEN GOING OUT



Put on
**a long-sleeved
shirt/jaket**



Use hair ties,
do not wear rings,
earrings, bracelets



If you have a mask,
**put it on right before
you go out**



Avoid using
**public
transport**



If you are going to walk your pet,
make sure it **avoids contact with
external surfaces**



Always carry **paper tissue** with
you and use it **to protect your
hands** when touching external
surfaces



Crumple the used tissue
thoroughly before tossing it
into a **trash can with a lid**



When coughing or sneezing,
**cover your mouth with your
elbow,** do not use palms



Avoid paying in cash.
If you do so, disinfect
your hands.



Wash your hands every time you
touch external surfaces **or use
hand sanitizing gel**



**Do not touch
your face** before
washing your hands



Keep social distance
from other people
(1.5-2 meters)

Materials are provided for information purposes, are advisory in nature and cannot be used as the basis for treatment. If you are sick, seek help from a medical institution. Although everything possible has been done, the information is provided without guarantee of its accuracy.