

CORONA VIRUS

YOU CAN PREVENT THE SPREAD OF CORONAVIRUS WITH THESE SIMPLE STEPS

| **WASH YOUR HANDS** | **WEAR A MASK** | **WATCH YOUR DISTANCE** |

Wear a mask
in public places

Stay at home except
for essential tasks

Keep 6 feet from others.
That's about three big steps

Wash your hands repeatedly for
20 seconds with soap



When you sneeze or cough
use a tissue or cloth
or cough into your elbow.



Dispose of used tissue properly



Do not touch your eyes and nose
with unclean hands

IN CASE OF HIGH GRADE FEVER COUGH
FLU OR SHORTNESS OF BREATH **CONTACT DOCTOR OR CALL COVID-19 HELPLINE 1166**
Stay at home and isolate if you can

CORONA VIRUS - PRECAUTION IS THE BEST REMEDY



Ministry Of National Health Services
Regulation and Coordination
Government of Pakistan



NDMA
National Disaster Management Authority