

# Be READY for COVID-19

## How to protect yourself and others



### Be VIGILANT

reduce your exposure –  
take care of yourself

- Maintain a healthy lifestyle – get sleep, eat well, exercise and talk with friends and family... all of these things will help you stay well.
- Regularly and thoroughly clean your hands with an alcohol-based hand rub (for 20-30 sec) or wash them with soap and water (for 40-60 sec).
- Avoid crowded places and maintain at least 1 metre (3 feet) distance between yourself and others.
- Greet each other from a distance and avoid hand shaking or hugging.
- Avoid touching your eyes, nose and mouth.
- It's normal to feel sad, stressed, confused, scared or angry. Seek accurate advice and talk to someone you trust.



### Be ALERT

know the symptoms

- Most common symptoms are fever, dry cough and tiredness.
- If you have fever, cough and difficulty breathing, you should seek medical care immediately. Make contact by telephone in advance of your visit.
- Older people and those with underlying medical conditions are more likely to develop severe illness.



### Be WISE

prevent spreading the infection –  
take care of others

- Stay home if you feel unwell. Don't go to work and minimize contact with others.
- Follow the directions of your national and local health authority.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately, preferably into a closed bin.
- If you are experiencing COVID-19 symptoms, seek medical care. Make contact by telephone in advance of your visit.



### Be INFORMED

seek trusted information

- Contact national and local authorities for information about COVID-19 in your community.
- Contact your in-house medical services for information on health and wellbeing and for an individual risk assessment before and after travel.
- Visit the WHO website for the latest updates and advice about COVID-19: [www.who.int/COVID-19](http://www.who.int/COVID-19)

# Be WELL



UNITED NATIONS



World Health  
Organization

More info:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



#COVID19