5 TIPS FOR CORONAVIRUS SAFETY

AVOID CROWDS

WHEN: IF YOU FEEL SICK
       IF YOU FEEL HEALTHY
       UNTIL THE EPIDEMIC IS OVER IN YOUR AREA

HOW: 'CROWD' MEANS ANY BIG GROUP OF PEOPLE
       'BIO' MEANS YOU CAN'T KEEP 6 FEET (2M) APART
       AVOID SHAKING HANDS
       IMPORTANT EVEN IF YOU ARE HEALTHY!

STAY HOME IF YOU'RE SICK

WHEN: FEVER
       COUGH
       SHORTNESS OF BREATH

HOW: STAY AT HOME, EVEN AFTER SYMPTOMS ARE GONE UNTIL A DOCTOR SAYS IT'S OK
       CALL DOCTOR FIRST BEFORE SEEKING CARE
       AVOID PUBLIC AREAS, SCHOOL, OR WORK
       DON'T USE PUBLIC TRANSIT, TAXIS, OR RIDE SHARE SERVICES
       WEAR A MASK IF YOU HAVE TO GO OUT

CLEAN FREQUENTLY USED SURFACES

WHEN: ONCE A DAY
       AFTER HEAVY USE
       WHEN USED BY SOMEONE SICK

HOW: SOAP AND WATER WILL WORK
       CLEANING ALCOHOL, IF AT LEAST 70%
       HOUSEHOLD BLEACH DILUTED 4 TEASPOONS (20ML) PER QUART (950 ML)

COVER COUGHS AND SNEEZES

WHEN: IF YOU'RE SICK
       IF YOU HAVE ALLERGIES
       IF YOU COOKED WITH TOO MUCH PEPPER

HOW: PUT USED TISSUES IN THE TRASH
       WASH YOUR HANDS RIGHT AWAY

CLEAN YOUR HANDS OFTEN

WHEN: ENTERING A BUILDING
       GETTING HOME
       USING THE BATHROOM
       BEING IN A CROWD
       SNEEZING OR COUGHING
       TAKING THE BUS, TRAIN, RIDE SHARE, OR SUBWAY
       BEFORE EATING OR MAKING FOOD

HOW: SOAP AND WATER IS BEST
       HAND SANITIZER IS OK
       BOTH SIDES OF YOUR HANDS
       UNDER YOUR NAILS
       BETWEEN YOUR FINGERS
       DONT FORGET THUMBS
       DRY COMPLETELY

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