

Easy steps to protect against coronavirus



Limit contact with other people.

Don't shake hands.



Don't kiss people.



Don't visit people who are not well.



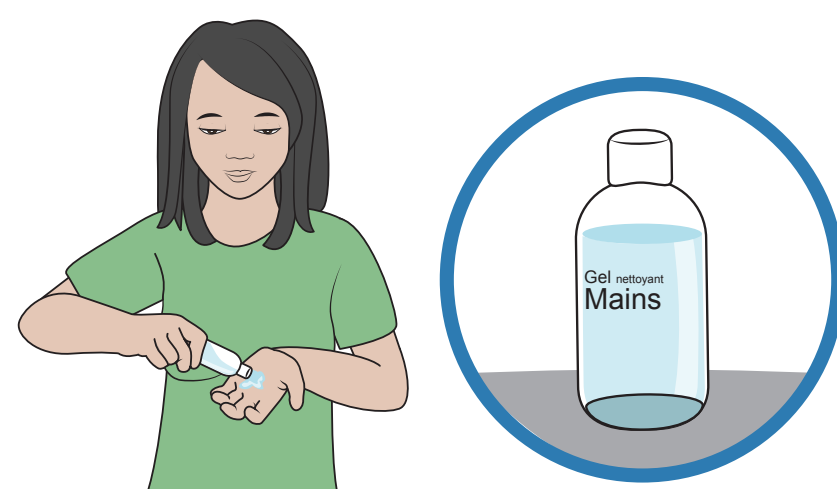
Don't let other people drink from your bottle.



Wash hands frequently with soap.



**You can also use
sanitiser gel.**



Cough or sneeze:

into your sleeve,

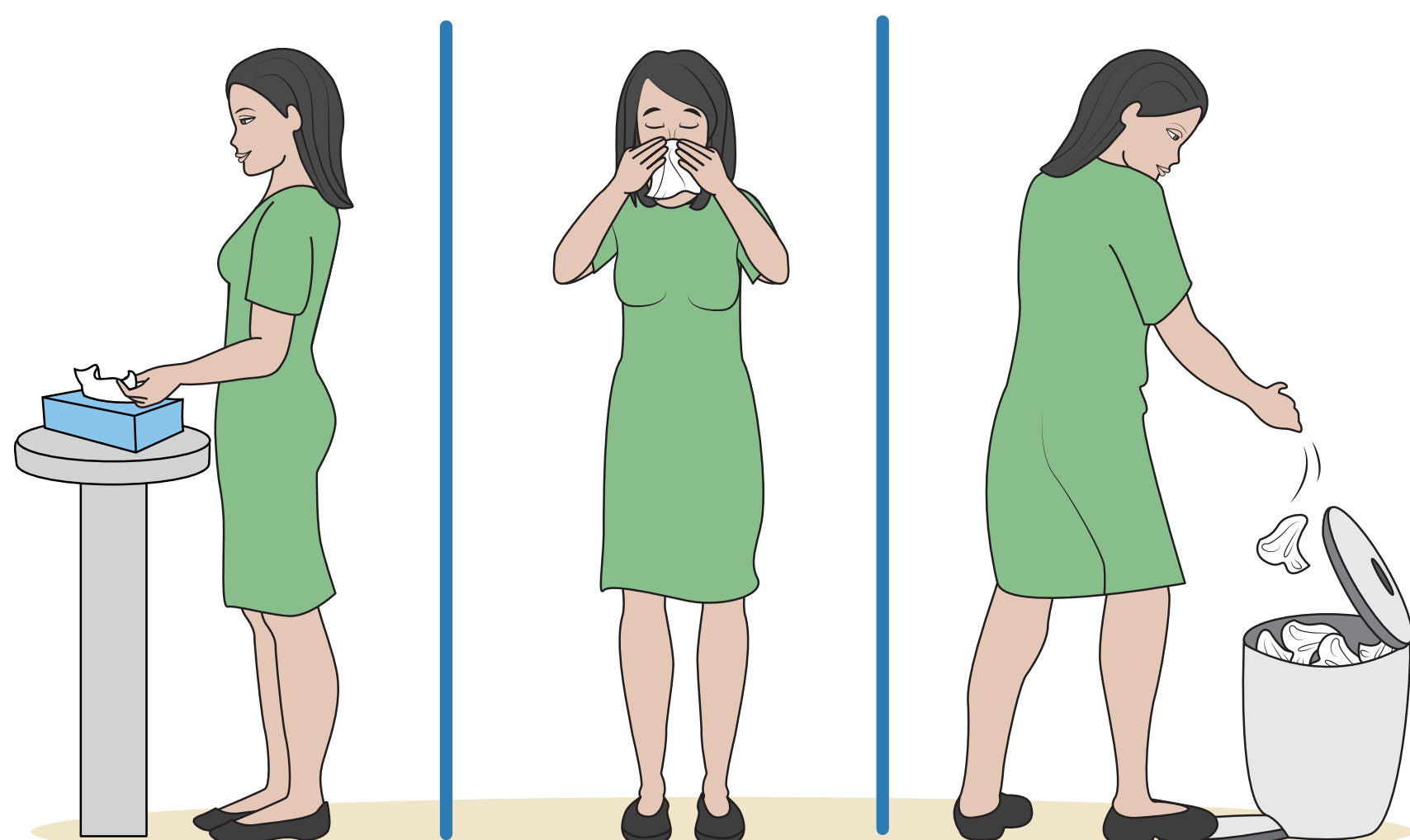


into a paper tissue.

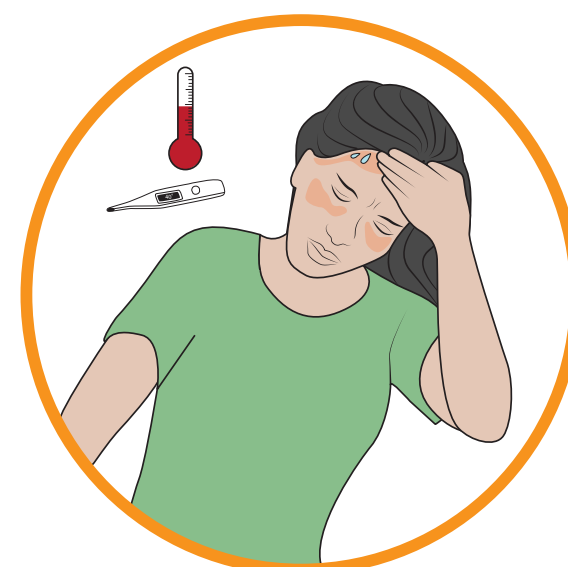


Only use paper tissues once.

and put them in the dustbin.



If you have a fever or a cough, call your doctor.



If you find it hard to breathe:

call 15



or contact 114

if you have difficulties hearing or speaking.



**I can call 0 800 130 000 for more information
on coronavirus.**

Find a simplified travel certificate and posters on self-isolation at www.santebd.org

Where can I find SantéBD ?

On the SantéBD app



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