

10 WAYS TO REDUCE SPREAD OF THE VIRUS:



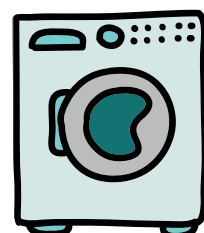
1. TIE YOUR HAIR WITH A RUBBER BAND, USE A HEADBAND FOR SHORTER HAIR TO PREVENT TOUCHING YOUR HAIR



2. SHAVE YOUR BEARD, OR WASH IT REGULARLY WITH SHAMPOO

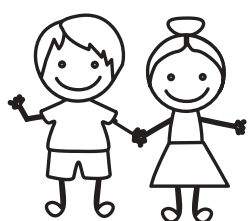
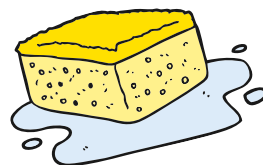
Saliva drops build on beard and moustache, which can be contagious

3. WASH TOWELS FREQUENTLY IN HIGH TEMPERATURES



4. CUT YOUR NAILS SHORT, REMOVE NAIL POLISH AND NAIL TIPS

5. DO NOT USE SPONGES TO WASH YOURSELF. EXCHANGE WASHING UP SPONGES FREQUENTLY OR SCALD THEM WITH BOILING WATER



6. KEEP CHILDREN AT HOME

They are asymptomatic carriers of the virus in their stools for several weeks, diapers must be thrown away in foil bags.

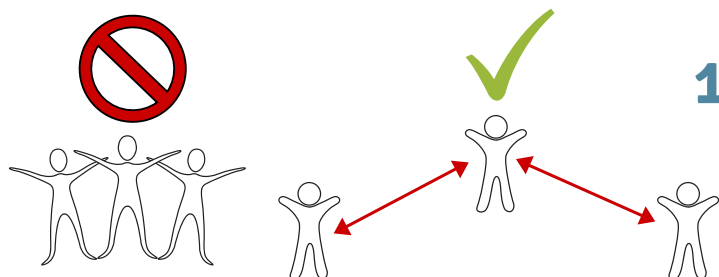
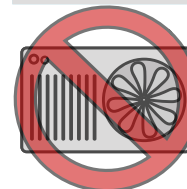
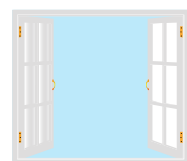
7. WASH YOUR HANDS FREQUENTLY WITH MILD SOAP AND WATER



8. IRON SCARVES EVERY DAY

Saliva droplets build on them.

9. OPEN THE WINDOWS AS OFTEN AS POSSIBLE, LIMIT YOUR STAY IN AIR-CONDITIONED ROOMS



10. KEEP AS MUCH DISTANCE BETWEEN EACH OTHER AS POSSIBLE!

SHARE INFORMATION - IT CAN SAVE A PERSON'S LIFE