

10 WAYS TO REDUCE CORONAVIRUS INFECTION:



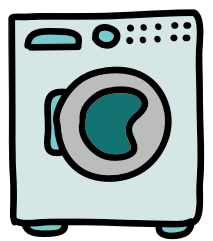
1. TIE YOUR HAIR WITH A RUBBER BAND, IF IT'S SHORT, USE A HAIRBAND. THANKS TO THAT, YOU WON'T TOUCH YOUR HAIR NOR YOUR FACE AS OFTEN.



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

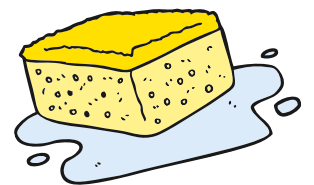
Droplets of saliva remain on facial hair, which may lead to spreading the virus.

3. WASH TOWELS FREQUENTLY AT HIGH TEMPERATURES.

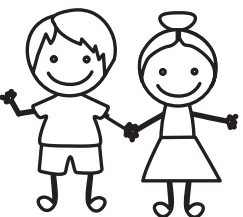


4. CUT YOUR NAILS SHORT, REMOVE HYBRID, NAIL TIPS AND NAIL POLISH.

5. DO NOT USE BATH SPONGES NOR WASH CLOTH. CHANGE KITCHEN SPONGES OFTEN, SCALD THEM WITH BOILING WATER.



6. STAY WITH CHILDREN AT HOME.



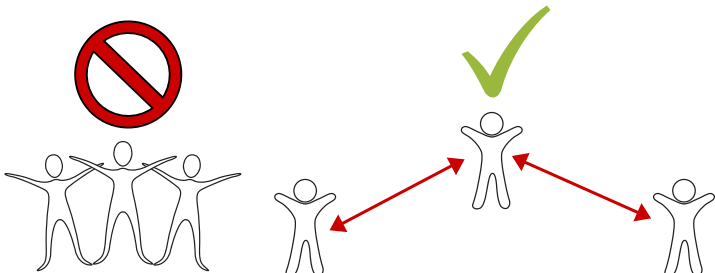
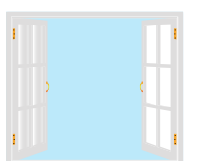
They are asymptomatic carriers of the virus through the feces for several weeks - beware of diapers - they should be thrown into plastic bags.

7. WASH YOUR HANDS OFTEN WITH MILD SOAP AND WATER.



8. IRON OR WASH THE SCARVES / SHAWLS DAILY AS THE SALIVA REMAINS ON THEM.

9. AERATE ROOMS AND KEEP AWAY FROM AIR-CONDITIONED SPACES AS MUCH AS POSSIBLE!



10. KEEP AS FAR AWAY FROM OTHER PEOPLE AS POSSIBLE!

SHARE INFORMATION - IT CAN SAVE SOMEONE'S LIFE