

## SYMPTOMS INCLUDE:



Fever



Cough



Sore throat



Shortness  
of breath



Fatigue



## PROTECT YOURSELF -

Maintain good personal hygiene by washing your hands frequently with soap and water

- **Before putting on** and **after taking off** masks
- Before and after **attending to sick people**
- Before, during and after **you prepare food**
- Before and after **eating**
- **After toilet use** or changing diapers
- Before and after participating in **clean-up activities**
- After touching your **nose or mouth**
- After handling **animals or animal waste**
- After handling **garbage**

Use **alcohol-based hand sanitisers** if soap and water are not readily available.

Stay informed and follow advice given by your healthcare provider.

For up to date information, you can visit our website:

<https://pandemic.internationalsos.com/2019-ncov>

# CORONA- VIRUS DISEASE (COVID-19)

INTERNATIONAL  
SOS

### DISCLAIMER:

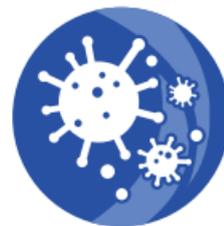
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## BASIC PROTECTIVE MEASURES AGAINST COVID-19

- Consider **WEARING A FACE MASK** when in public.
- Where possible, **KEEP 1-2 METRES (3-6 FEET)** away from others. Avoid crowded places.
- Anyone who has any symptoms, even if only mild, should stay home. **SEEK MEDICAL ADVICE** following local procedure.
- **PAY STRICT ATTENTION TO HYGIENE.** Wash your hands frequently or use hand sanitiser.
- **AVOID** touching your face.
- Cough and sneeze **INTO YOUR ELBOW**, not your hands.
- **DO NOT** shake hands, hug or kiss
- **DO NOT** share food, drinks and personal items.

**USE OF FACE MASKS ALONG WITH SOCIAL DISTANCING AND HYGIENE MEASURES HELP REDUCE THE SPREAD OF COVID-19.**



## MORE ON USE OF A MASK

**The guidance and requirements for the use of face masks/cloths covering the nose and mouth vary greatly. Some authorities require or recommend everyone to wear a face mask when in public areas.**

In other locations, authorities recommend against the use of masks for the general public when there is little COVID-19 activity.

### **International SOS advice regarding use of masks in the community:**

- Only wear a clean mask, and always follow the manufacturer's instructions/guidance of your local authorities.
- Masks (or a cloth covering the mouth and nose) can be used when in public, particularly -
  - when in face-to-face contact with others.
  - when social distancing cannot be achieved.
  - by people in high risk groups.
- Medical masks - should be used by sick people AND their caregivers.



## HOW TO USE A MASK

- 1 Before putting on a mask, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 2 Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- 3 Avoid touching the mask while using it; if you do so, clean your hands with soap and water, or alcohol-based hand sanitisers.
- 4 When you remove the mask: remove it from behind. Do not touch the mask on the front.
  - if disposable - drop it into the waste container
  - if reusable - the mask should be washed / cleaned before re-use
  - if the mask cannot be washed but you need to store it to wear again - place it in a "breathable" container (e.g paper bag)
- 5 Clean hands with soap and water, or alcohol-based sanitiser.