

Personal hygiene

Wash your hands often with soap and water for at least 20 seconds.



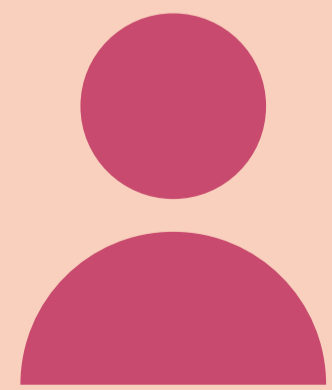
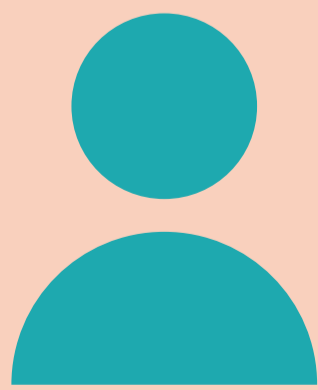
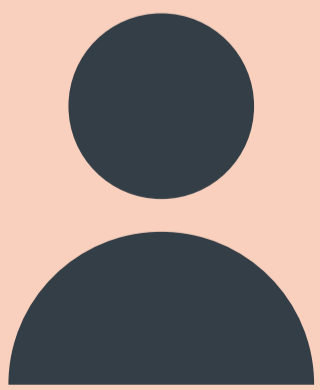
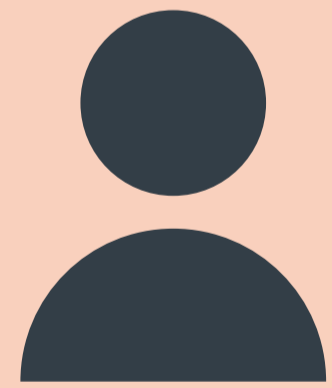
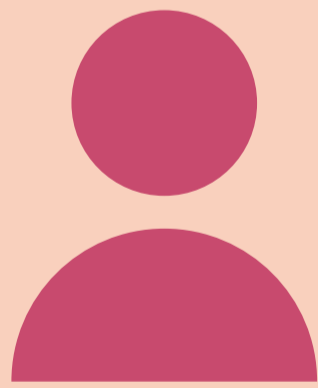
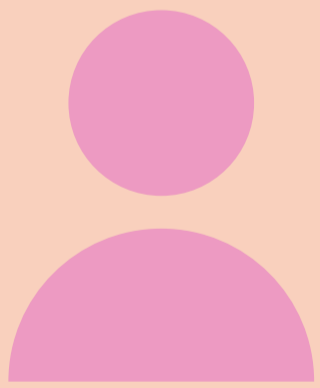
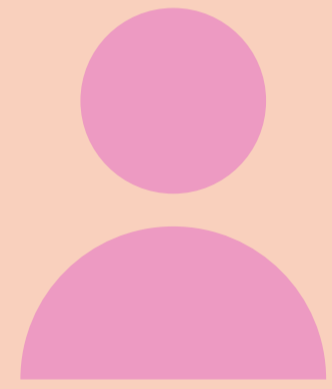
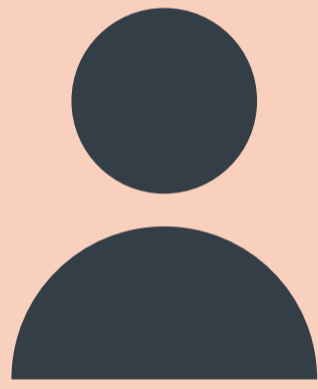
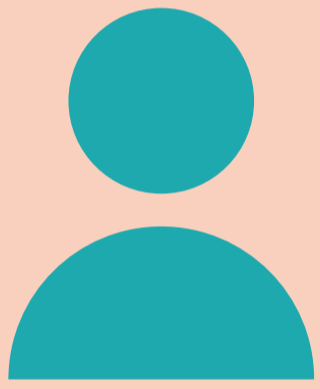
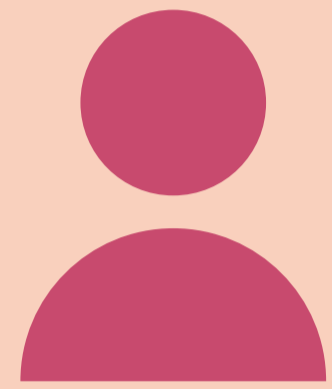
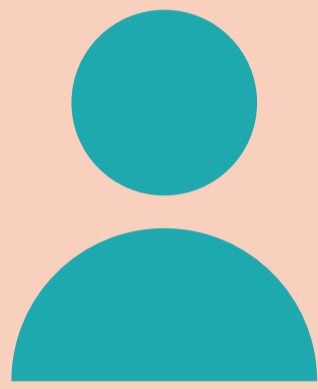
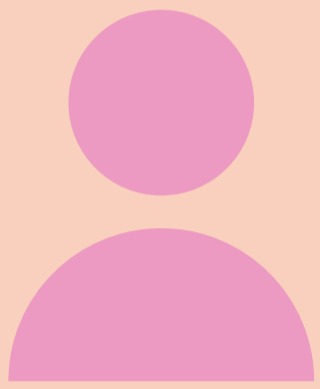
Physical distancing

Maintain at least 2 meters (6 feet) distance between yourself and others.



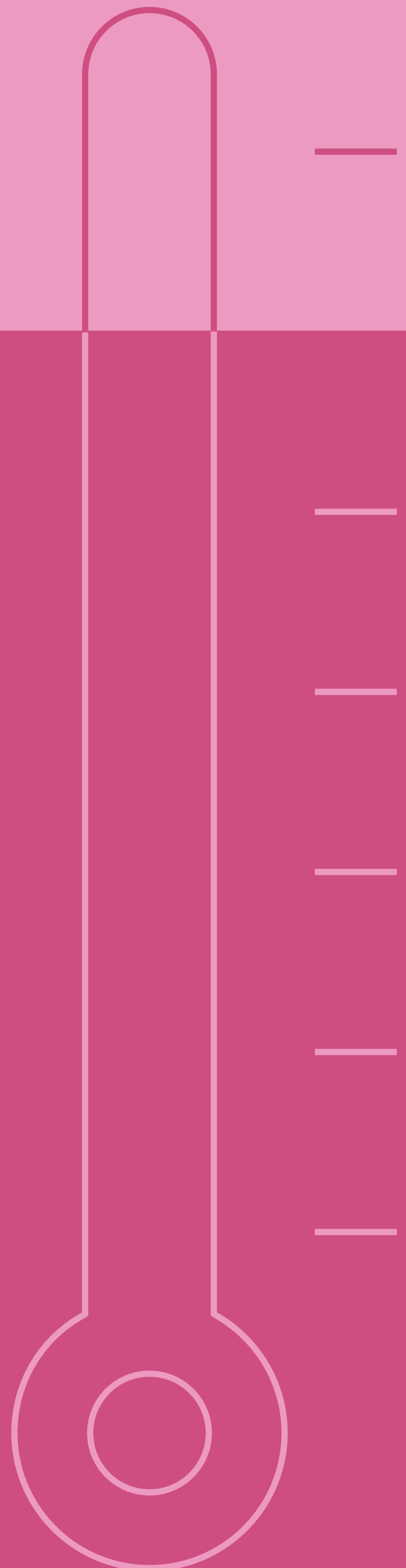
Physical distancing

Stay home and avoid gathering in groups.



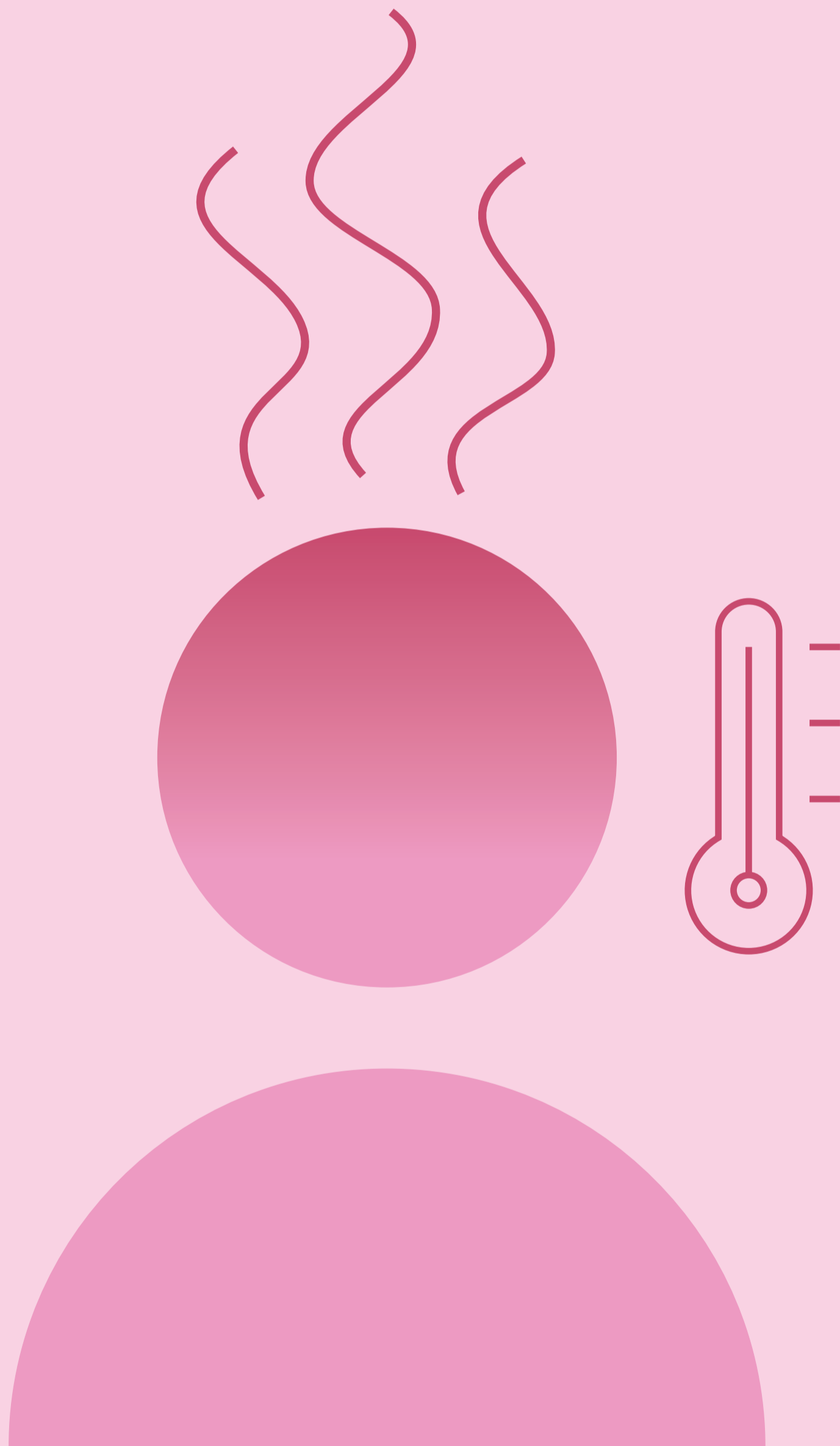
Know the symptoms

- Fever
- Cough
- Difficulty breathing



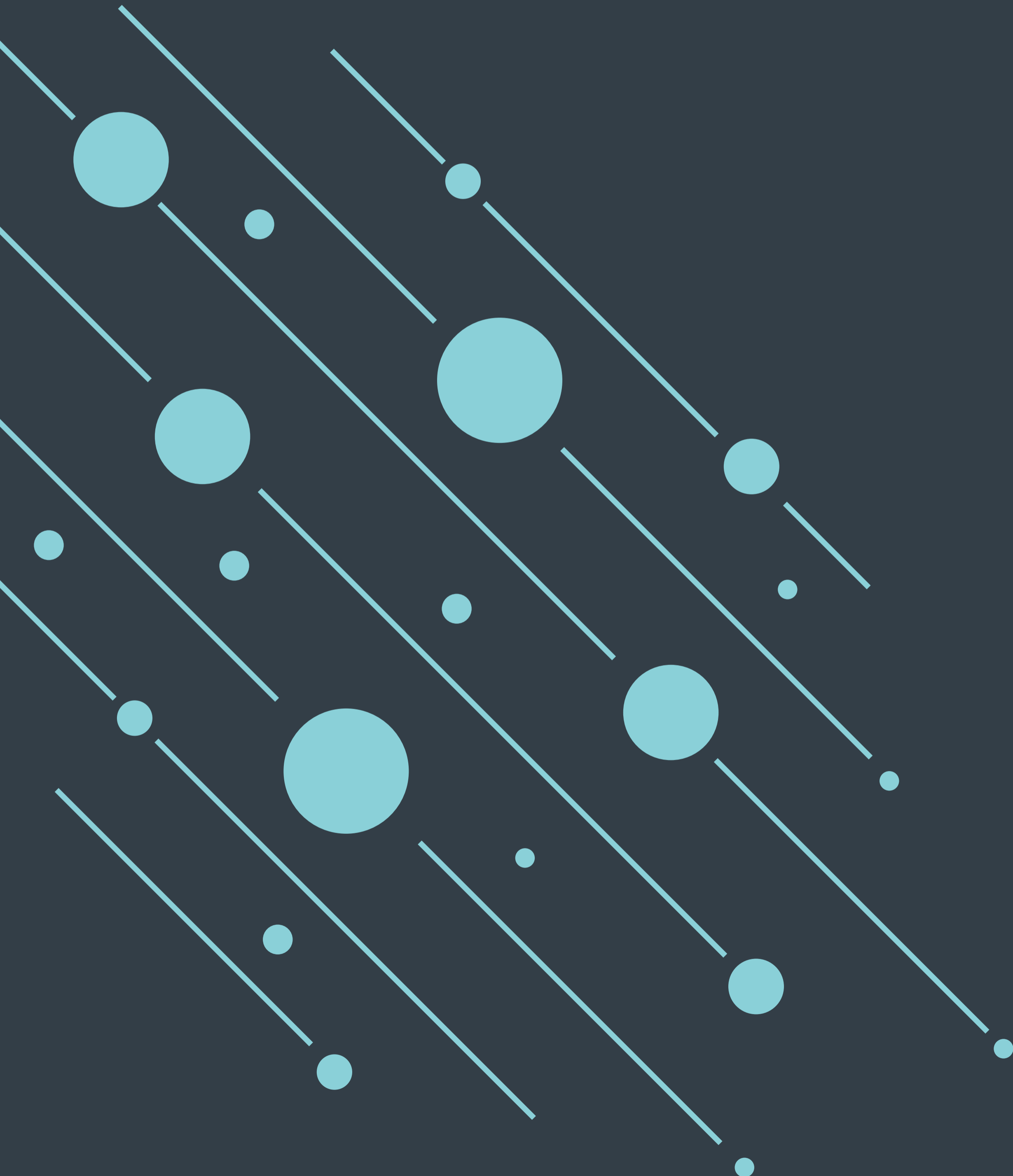
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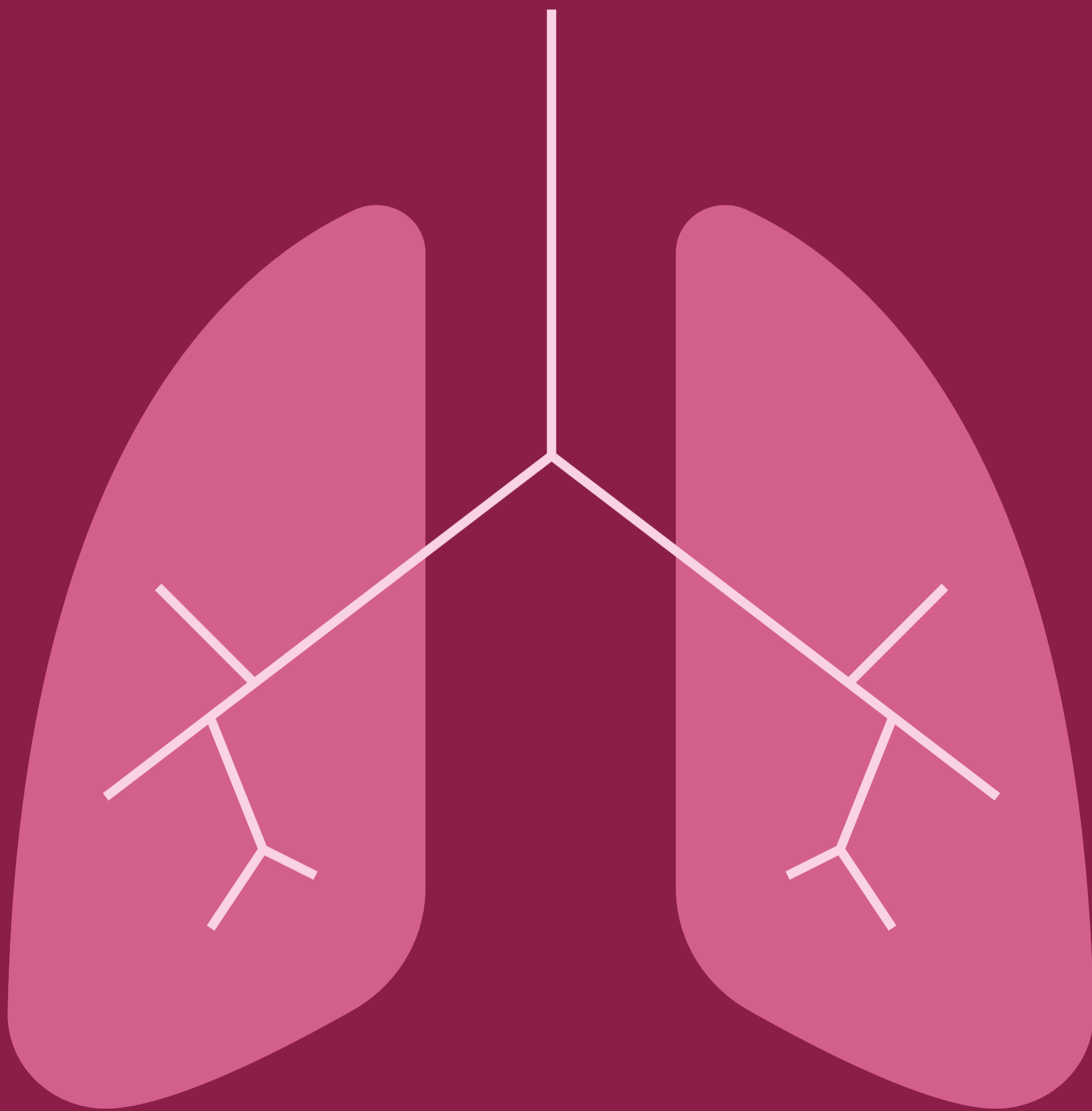
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Know the symptoms

- Fever
- Cough
- Difficulty breathing



Kindness contagion

Spread love and kindness,
not fear and negativity.



Myth busting

Cold weather and snow **CANNOT** kill the new coronavirus.



Myth busting

5G mobile networks DO NOT spread COVID-19



Myth busting

Antibiotics ARE NOT effective in preventing and treating the new coronavirus.



Do more, donate

Donate what you can
to a local charity.



Do more, donate

Donate your daily coffee
fund to a local food bank.

