

THERE'S ONLY ONE THING
YOU NEED TO UNDERSTAND
ABOUT HOW A CORONAVIRUS

SPREADS

THE VIRUS SPREADS WHEN
these droplets



SO IF YOU SEE SOMEONE WHO IS VISIBLY COUGHING/SNEEZING/SICK, YOU CAN CHOOSE TO:



- ① KEEP YOUR DISTANCE.
2m to 0.5m will keep you safe from large droplets.

OR,



② GIVE THEM A MASK.
THEY CAN COUGH / SNEEZE INTO IT
AND PROTECT EVERYONE ELSE NEARBY

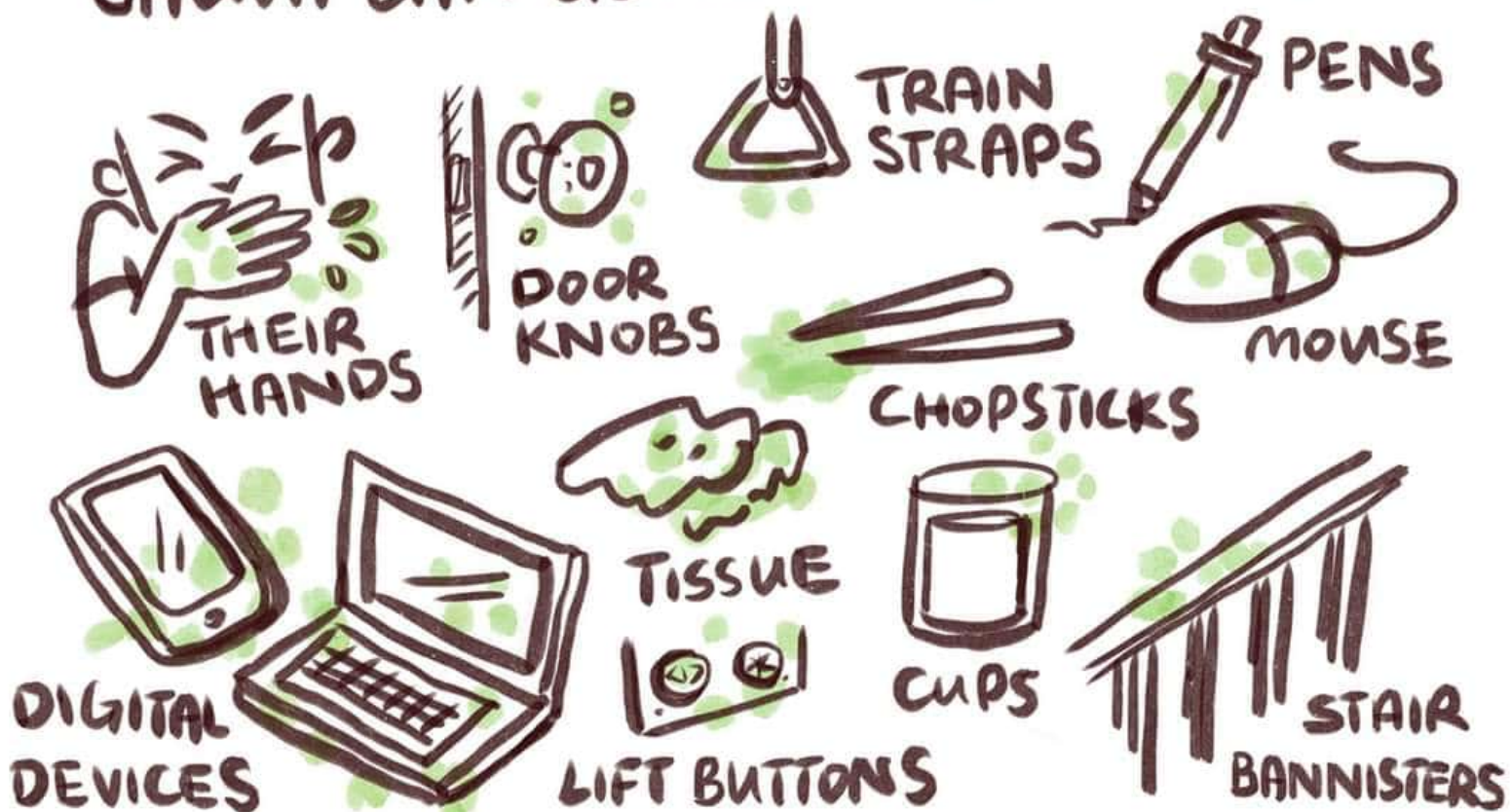
AND IN GENERAL, IT'S A GOOD IDEA TO AVOID CROWDS, BECAUSE YOU DON'T KNOW WHO MIGHT BE SICK.



← People who are infected can show no symptoms, but are still **INFECTIOUS**!

← Maybe she's not sick, just protecting herself.

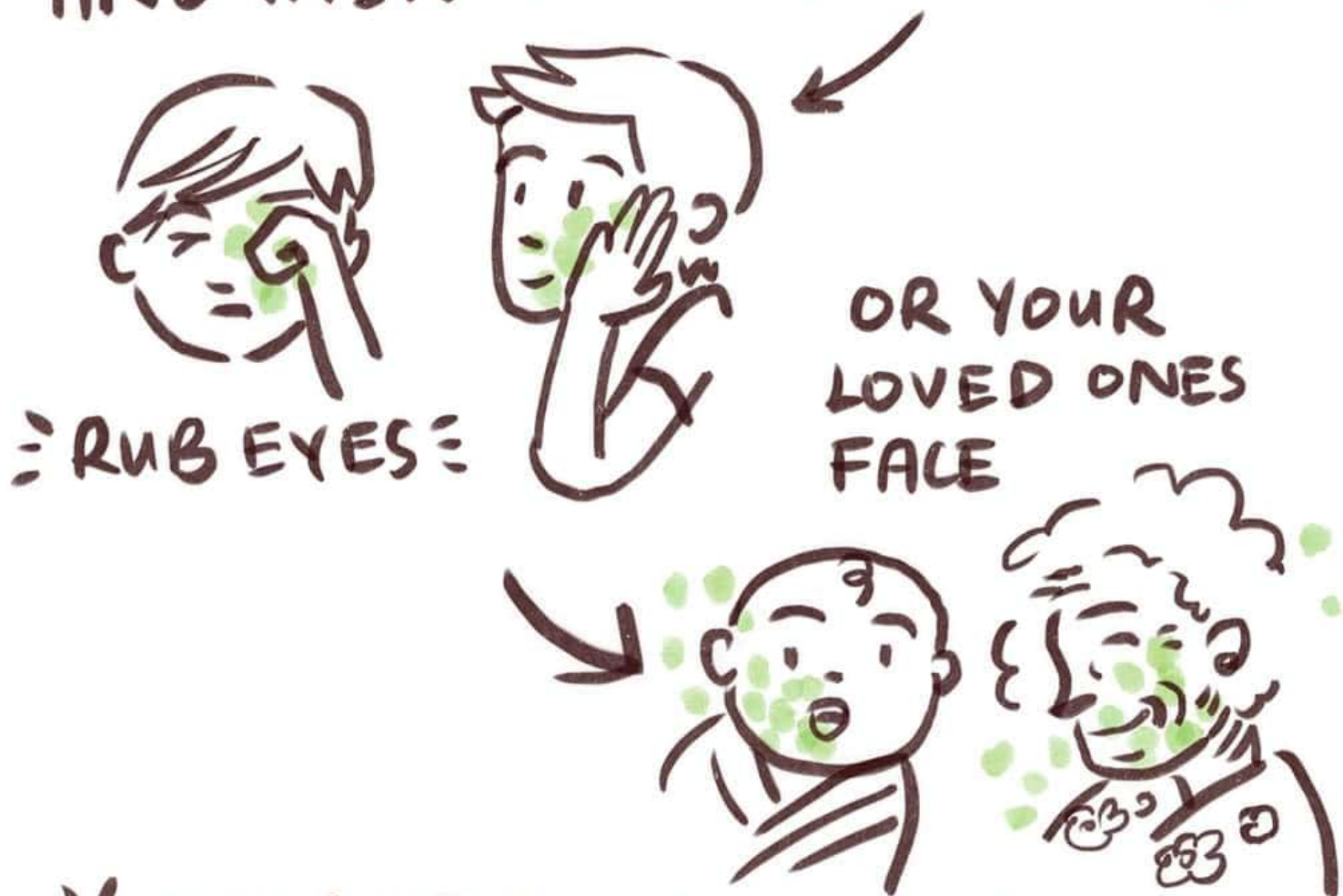
HOWEVER, SOMETIMES A SICK PERSON'S SALIVA CAN GET ON OTHER THINGS...



→ & EVEN ON THE
OUTSIDE OF
→ YOUR FACE MASK

HEALTHY PERSON

AND IF YOU TOUCH ANY OF
THESE THINGS BY ACCIDENT,
AND THEN TOUCH YOUR FACE,



VIRUSES CAN LAST FOR UP TO
24 HOURS ON OBJECTS,



AND THE ONLY EFFECTIVE WAY TO
GET RID OF THEM IS TO WASH THEM
OFF WITH SOAP.

WHICH IS WHY IT IS ALSO
GOOD TO FOLLOW THESE



PRECAUTIONS

1

DO NOT TOUCH YOUR FACE.
(OR ANYONE ELSE'S FACE.)

IF YOU HAVE TO, WASH YOUR HANDS
WITH SOAP THOROUGHLY FIRST.



WHAT IS THOROUGHLY?

WASH THE
BACK OF YOUR
HANDS

BETWEEN
THE FINGERS

UNDER
THE NAILS



FOR 20
SECONDS

ENOUGH TIME TO
SING "HAPPY BIRTHDAY"
TWICE



2

THROW AWAY MASKS ONCE THEY FEEL GROSS, DON'T WEAR THEM FOR MORE THAN A DAY!

*BACTERIA GROWS ON THE INSIDES OF YOUR MASK IF YOU WEAR THEM TOO LONG



ALSO, DON'T TOUCH THE OUTSIDE OF THE MASK IF YOU CAN.

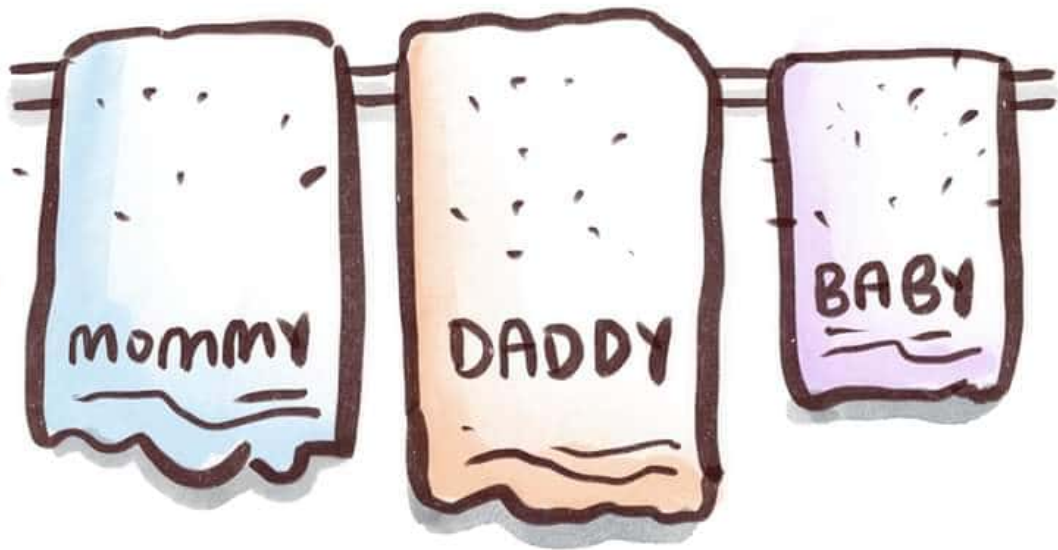
IF YOU DID, DON'T WORRY, JUST WASH YOUR HANDS WITH SOAP AFTER

3

DO NOT SHARE FOOD,
UTENSILS, CUPS, TOWELS.



EVERYONE
GETS THEIR
OWN TOWEL



4 OPEN & CLOSE DOORS
WITH YOUR ELBOWS OR
SHOULDERS INSTEAD OF
HANDS, IF POSSIBLE.



YOU CAN'T
TOUCH YOUR
FACE WITH
YOUR ELBOW
EVEN IF
YOU TRIED



AND FINALLY,

5 ALWAYS WASH YOUR
HANDS WITH SOAP ...

- BEFORE YOU
EAT



- AND AFTER
BEING OUT
IN THE PUBLIC

STAY SAFE,
EVERYONE!



MAIN REFERENCES FOR MEDICAL INFO :

1. "How to Avoid the Coronavirus? Wash Your Hands", by Elizabeth Rosenthal, in The New York Times, Opinion. (Jan 28, 2020)
2. "The Wuhan Virus: How to stay Safe", by Laurie Garrett, in Foreign Policy, Report. (Jan 25, 2020)
3. "This animation shows how far your sneeze can actually travel." by Chia-Yi Hou and Andrea Schmitz, in Business Insider (Jan 21, 2020)

Read the articles for more tips!