



COVID-19



Wash
YOUR
HANDS!

¡LÁVATE
LAS
MANOS!

আপনার
হাত ধুয়ে
নিন!

اغسل
يديك!

Covid-19 is spread mainly from person to person through people who are in close contact with one another and through respiratory droplets when an infected person coughs or sneezes

Here are some tips for prevention

1. Avoid contact with sick people
2. Stay home if you are sick
3. Wash your hands often with soap and water for at least 20 seconds (sing happy birthday twice)
4. If water and soap is not available, use alcohol based hand sanitizer
5. Cover your cough and sneeze with a tissue or your sleeve