



STOP THE SPREAD OF COVID-19 WITH IBAN IFIOK

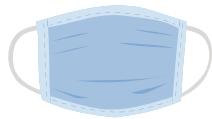
YOU TOO CAN SAVE A LIFE

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WHAT IS COVID-19?

The Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness. COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. Symptoms include but are not limited to: dry cough, sore throat, fever, difficulty breathing, aches, and pains.

STOP THE SPREAD



WEAR A MASK



1 meter
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OBSERVE SOCIAL DISTANCING



WASH YOUR HANDS



COVER YOUR MOUTH



STAY HOME

BE SUPPORTIVE



During this period, it is important to remember to check on our loved ones and be kind to others. Offer a helping hand if you can and encourage practices that will stop the spread of COVID.



HOW TO USE A MASK

- Wash your hands with soap and water before putting on a mask.
- Cover your mouth and nose and make sure there are no gaps between your face and the mask.
- Avoid touching the mask.
- Replace the mask with a new one if it becomes dirty.
- To remove the mask: remove it from behind, holding only the string (do not touch the front of the mask).
- Discard immediately in a closed bin and remember to wash your hands.

As recommended by the World Health Organization