**World Health Organization advice for avoiding spread of coronavirus disease (COVID-19)**

**Hygiene advice**

1. Clean hands frequently with soap and water, or alcohol-based hand rub.
2. Wash hands after coughing or sneezing; when caring for the sick; before; during and after food preparation; before eating; after using the toilet; when hands are visibly dirty; and after handling animals or waste.
3. Maintain at least 1 meter (3 feet) distance from anyone who is coughing or sneezing.
4. Avoid touching your hands, nose and mouth. Do not spit in public.
5. Cover your mouth and nose with a tissue or bent elbow when coughing or sneezing. Discard the tissue immediately and clean your hands.

**Medical advice**

1. If you feel unwell (fever, cough, difficulty breathing) seek medical care early and call local health authorities in advance.
2. Stay up to date on COVID-19 developments issued by health authorities and follow their guidance.

**Mask usage**

1. Healthy individuals only need to wear a mask if taking care of a sick person.
2. Wear a mask if you are coughing or sneezing.
3. Masks are effective when used in combination with frequent hand cleaning.
4. Do not touch the mask while wearing it. Clean hands if you touch the mask.
5. Learn how to properly put on, remove and dispose of masks. Clean hands after disposing of mask.
6. Do not reuse single-use masks.