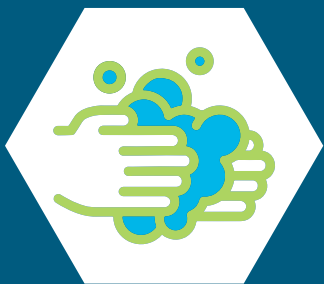
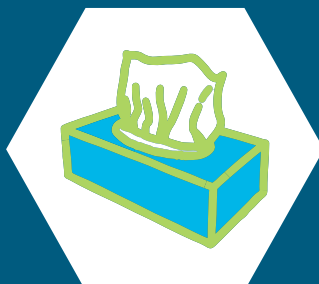


# COVID-19

## How can you protect yourself?



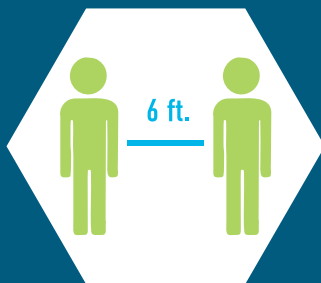
Wash your hands frequently and thoroughly with soap



Cover face with a tissue or your elbow when coughing or sneezing



Then throw the tissue in a waste bin



Maintain social distancing



Avoid touching your eyes, nose, and mouth

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