

COVID-19

How to minimise the spread of COVID-19?

Based on the current knowledge of COVID-19 and evidence available on other viral respiratory pathogens.

Simple measures can reduce the spread of the virus.

2 ENVIRONMENTAL MEASURES



Frequently clean used surfaces, clothes and objects



Minimise sharing objects



Ensure appropriate ventilation

1 PERSONAL PROTECTIVE MEASURES

Practice proper hand hygiene



Cough and sneeze into your elbow or a tissue. Throw it into a bin and wash your hands



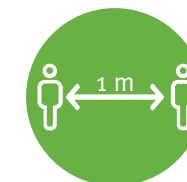
Healthy people **do not** need to wear masks



Masks should be reserved for healthcare workers and those who care for ill persons at home.

3 SOCIAL DISTANCING MEASURES

Standing 1 metre away from a visibly symptomatic person



Self-isolation of individuals **with symptoms** of a respiratory infection is one of the most important measures for **reducing disease transmission** and limiting the spread of the virus in the community during an epidemic.

For travel advice or travel recommendations refer to official government advice.