

# Novel coronavirus

## Protect yourself and others

The novel coronavirus typically spreads from one person to another in places with many people present via direct physical contact (shaking hands, hugging, kissing, etc.) and via droplets when an infected person coughs or sneezes.

Take care of your health and protect others by doing the following:



**Wash your hands frequently  
or sanitize your hands with  
an alcohol-based hand rub**



**Cough or sneeze into your  
sleeve, not your hands**



**Limit physical contact**  
– avoid handshakes, refuse  
kisses on the cheek and  
avoid hugging



**Be diligent with cleaning**  
– both at home and in  
your workplace



**If you are older or have  
a chronic illness, avoid crowds  
of people and advise others  
to be aware of your condition**