MINISTRY OF HEALTH

2 METERS TO SHOW YOUR LOVE

COVID-19 loves a crowd. Show your community you care by giving everyone 2 meters of personal space.

#TONSEMBERERA

#KeepADistance

ALIGHT

#INOURHANDS

MINISTRY OF HEALTH

COVID-19 CAN'T STAND CLEAN HANDS

Remember when you used to splash water on your hands and call it a wash? Regularly wash your hands with soap and running water for at least 20 seconds.

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WAVES ARE THE NEW HANDSHAKES

Let's greet each other from a distance. Let's show our love while keeping our hands to ourselves.

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STAY HOME

TO STOP THE SPREAD

When you stay home, you are not just protecting yourself. You are stopping the virus from moving around to infect more people.

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Do you have Difficulty BREATHING?

FEVER? COUGH?

If you or someone you know has these signs of COVID-19, stay home and contact your District Health Officer (DHO) or call the Ministry of Health toll free numbers:

919 , 0800-100-066, 0800-203-033, 0800-303-033 or on Whatsapp 0700-818-139

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