



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

#INOURLHANDS





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# 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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#KeepADistance



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#INOURLHANDS





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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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#KeepADistance



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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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#KeepADistance



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#INOURLHANDS





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Do you have  
Difficulty  
BREATHING?  
FEVER? COUGH?

CALL FOR  
HELP!

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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