

THERE'S ONLY ONE THING  
YOU NEED TO UNDERSTAND  
ABOUT HOW A CORONAVIRUS

SPREADS

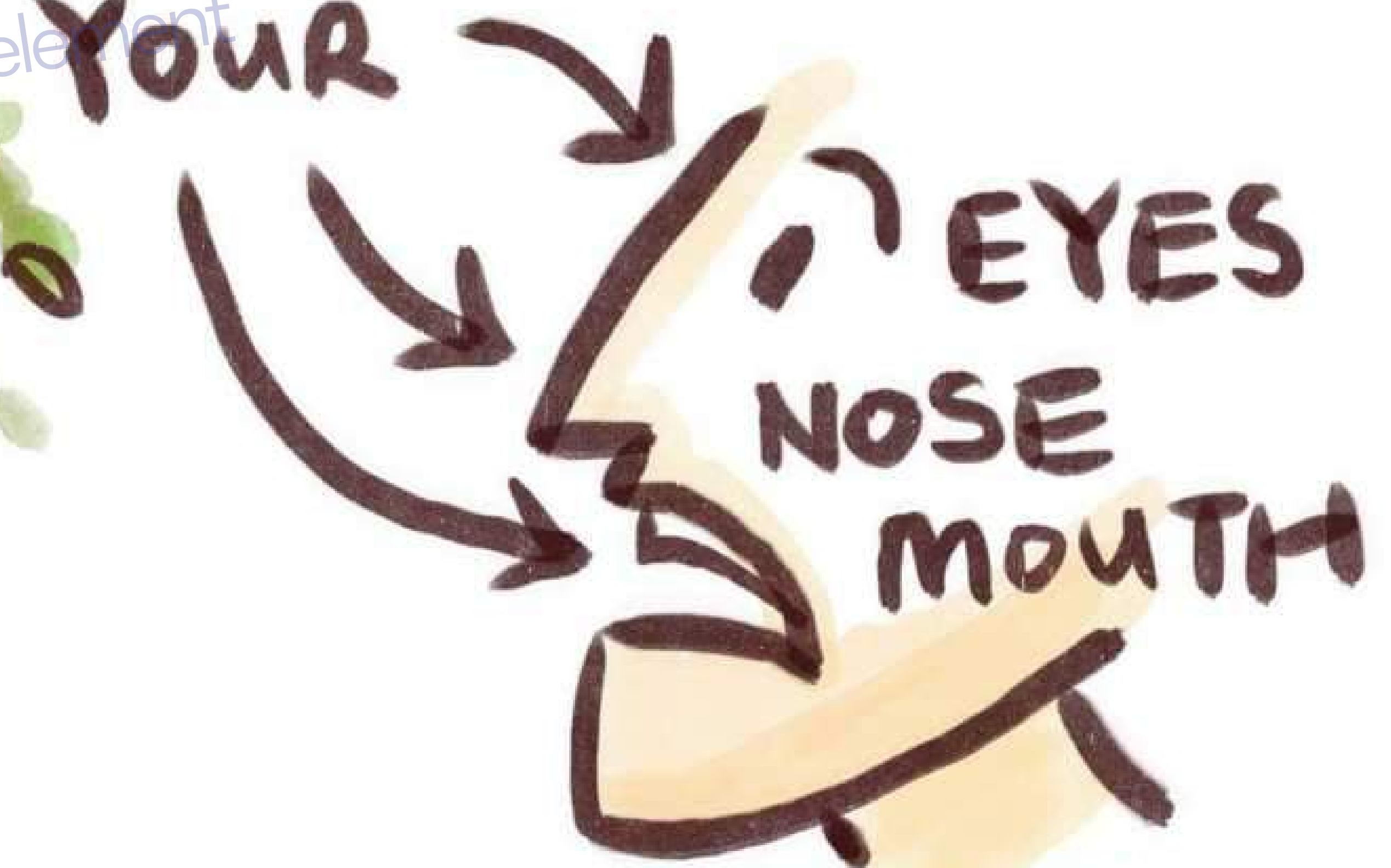
THE VIRUS SPREADS WHEN  
these droplets



SICK  
PERSON

GET INTO  
YOUR

EYES  
NOSE  
MOUTH



HEALTHY  
PERSON



SO IF YOU SEE SOMEONE WHO IS  
VISIBLY COUGHING/SNEEZING/SICK,  
YOU CAN CHOOSE TO:



- ① KEEP YOUR DISTANCE.  
2m to 0.5m will keep you safe  
from large droplets.

Or,



- ② GIVE THEM A MASK.  
THEY CAN COUGH / SNEEZE INTO IT  
AND PROTECT EVERYONE ELSE NEARBY



AND IN GENERAL, IT'S A GOOD  
IDEA TO AVOID CROWDS, BECAUSE  
YOU DON'T KNOW WHO MIGHT BE  
SICK.



People who are  
infected can show  
no symptoms,  
but are still  
**INFECTIONOUS?**

← Maybe she's not sick,  
just protecting herself.

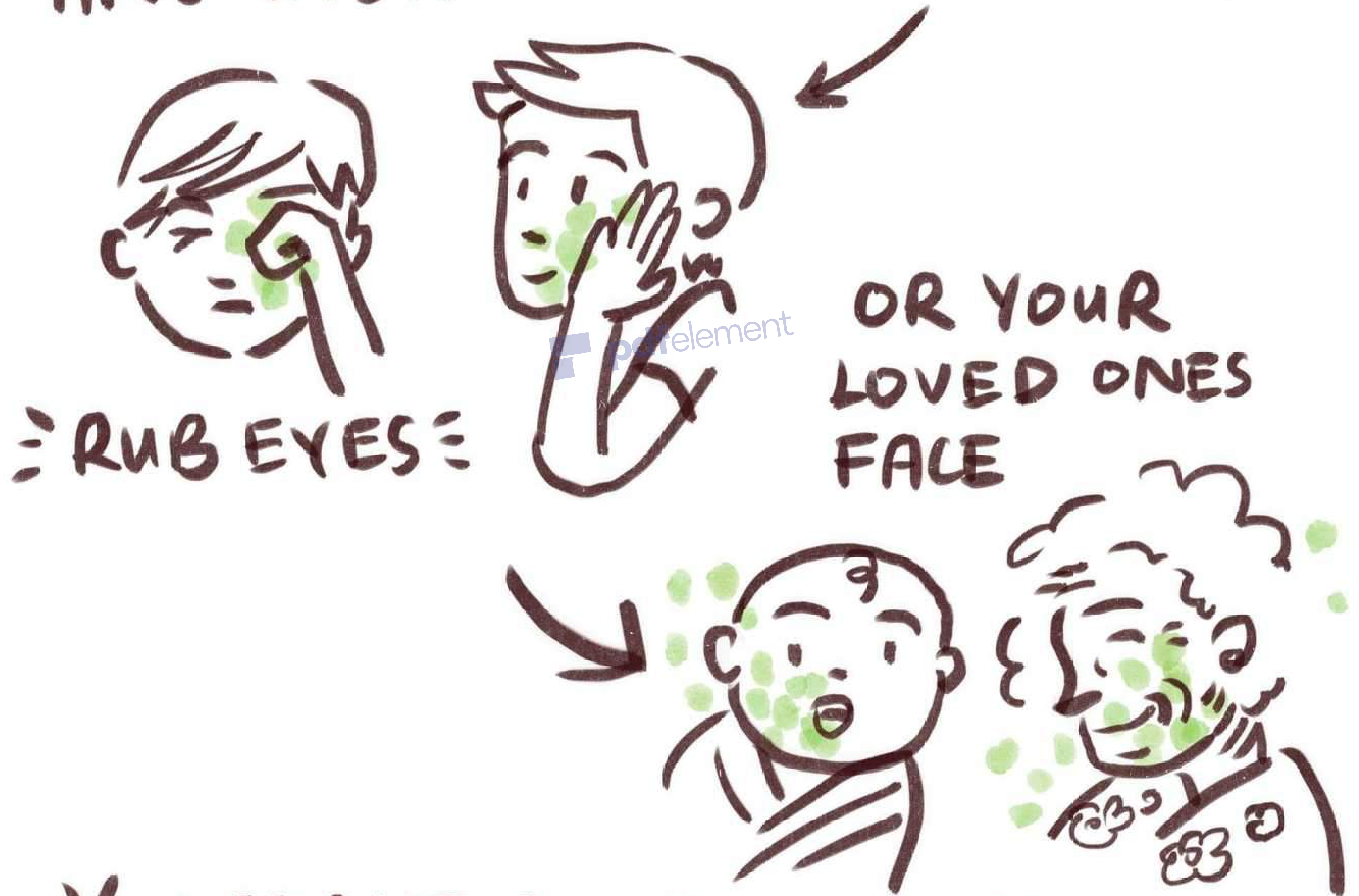


HOWEVER, SOMETIMES A SICK PERSON'S SALIVA CAN GET ON OTHER THINGS...



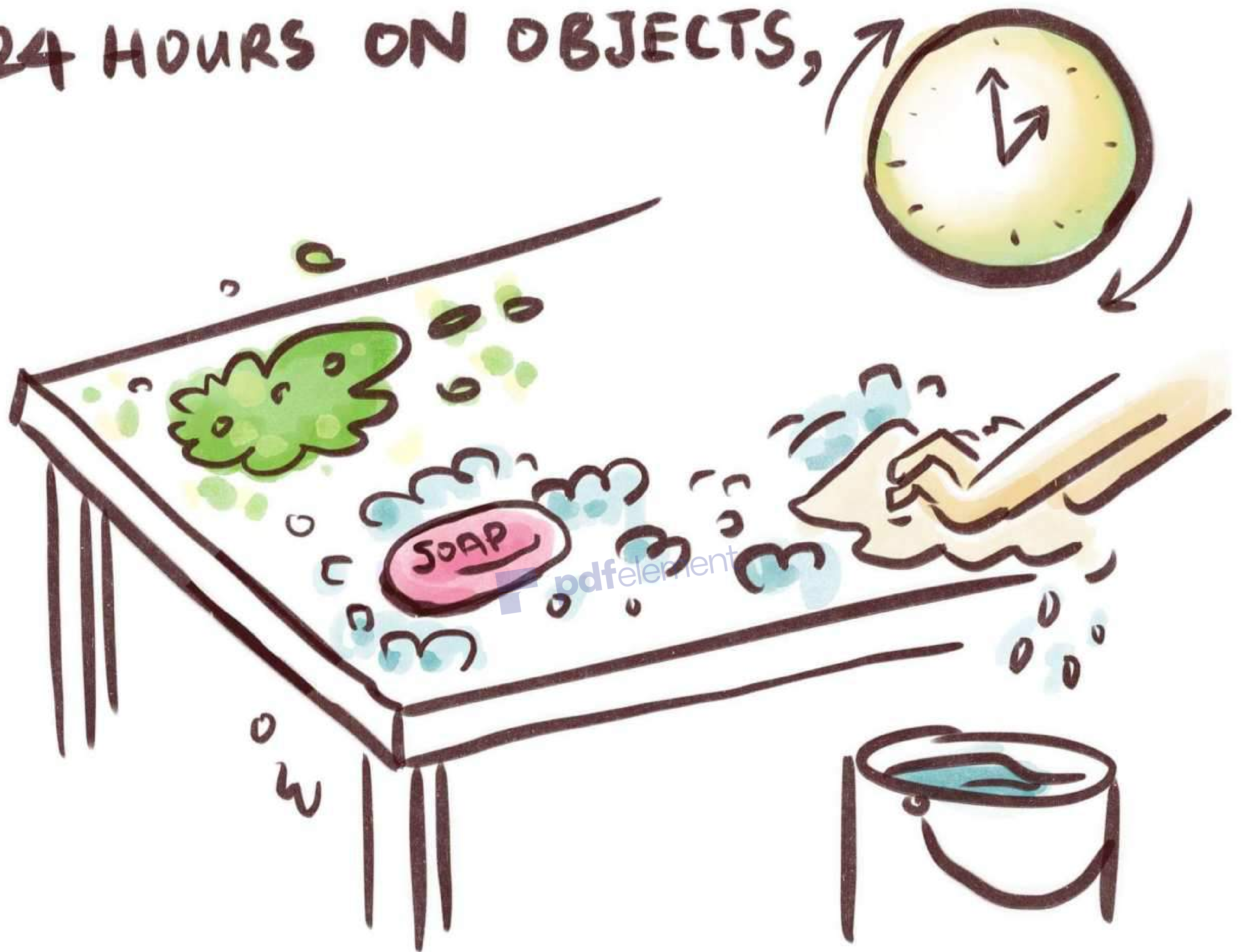


AND IF YOU TOUCH ANY OF  
THESE THINGS BY ACCIDENT,  
AND THEN TOUCH YOUR FACE,



YOU MIGHT ALL FALL SICK.

VIRUSES CAN LAST FOR UP TO  
24 HOURS ON OBJECTS,



AND THE ONLY EFFECTIVE WAY TO  
GET RID OF THEM IS TO WASH THEM  
OFF WITH SOAP.



WHICH IS WHY IT IS ALSO  
GOOD TO FOLLOW THESE



PRECAUTIONS

1

DO NOT TOUCH YOUR FACE.  
(OR ANYONE ELSE'S FACE.)

IF YOU HAVE TO, WASH YOUR HANDS  
WITH SOAP THOROUGHLY FIRST.





# WHAT IS THOROUGHLY?

WASH THE  
BACK OF YOUR  
HANDS

BETWEEN  
THE FINGERS

UNDER  
THE NAILS

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FOR 20  
SECONDS

ENOUGH TIME TO  
SING "HAPPY BIRTHDAY"  
TWICE



**2** THROW AWAY MASKS ONCE THEY FEEL GROSS, DON'T WEAR THEM FOR MORE THAN A DAY!

\*BACTERIA GROWS ON THE INSIDES OF YOUR MASK IF YOU WEAR THEM TOO LONG

ALSO, DON'T TOUCH THE OUTSIDE OF THE MASK IF YOU CAN.

IF YOU DID, DON'T WORRY, JUST WASH YOUR HANDS WITH SOAP AFTER





3

DO NOT SHARE FOOD,  
UTENSILS, CUPS, TOWELS.



USE A  
SERVING  
SPOON



EVERYONE  
GETS THEIR  
OWN TOWEL



AND FINALLY,

**5** ALWAYS WASH YOUR  
HANDS WITH SOAP ...

- BEFORE YOU  
EAT



- AND AFTER  
BEING OUT  
IN THE PUBLIC



STAY SAFE,  
EVERYONE!

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# MAIN REFERENCES FOR MEDICAL INFO :

1. "How to Avoid the Coronavirus? Wash Your Hands", by Elizabeth Rosenthal, in The New York Times, Opinion. (Jan 28, 2020)
2. "The Wuhan Virus: How to stay Safe", by Laurie Garrett, in Foreign Policy, Report. (Jan 25, 2020)
3. "This animation shows how far your sneeze can actually travel." by Chia-Yi Hou and Andrea Schmitz, in Business Insider (Jan 21, 2020)

Read the articles for more tips!