

Coronavirus Precautions: 10 ways to make sure you do not catch the disease

As of now, no vaccine has been formulated for the novel coronavirus. In light of this fact, prevention appears to be best cure available so far.

Here are the measure you need to take to keep the virus at bay:

- 1. Avoid close contact with people who are sick. Maintain at least three feet distance between yourself and anyone who is coughing or sneezing.*
- 2. Avoid touching your eyes, nose, and mouth.*
- 3. Stay home when you are sick.*
- 4. Cover your cough or sneeze with a tissue, then dispose of the tissue safely.*
- 5. Clean and disinfect frequently-touched objects and surface using a regular household cleaning spray or wipe.*
- 6. Wearing a mask is not necessary unless you are of an infection person. The centres for disease control (CDC) does recommend that only infected people wear masks to prevent the spread of the virus.*
- 7. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.*
- 8. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water when hands are visibly dirty.*
- 9. If you have a fever, cough and difficulty breathing, seek medical attention immediately.*
- 10. Keep in mind the travel advisory set out by the Ministry of Health and Welfare.*

Hand-washing technique with soap and water



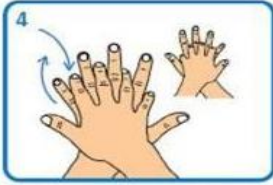
1
Wet hands with water



2
Apply enough soap to cover all hand surfaces



3
Rub hands palm to palm



4
Rub back of each hand with palm of other hand with fingers interlaced



5
Rub palm to palm with fingers interlaced



6
Rub with back of fingers to opposing palms with fingers interlocked



7
Rub each thumb clasped in opposite hand using a rotational movement



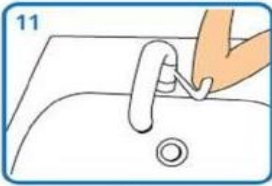
8
Rub tips of fingers in opposite palm in a circular motion



9
Rub each wrist with opposite hand



10
Rinse hands with water



11
Use elbow to turn off tap



12
Dry thoroughly with a single-use towel



13
Hand washing should take 15-30 seconds