

# COVID-19 PREVENTION

MY MASK PROTECTS YOU  
YOUR MASK PROTECTS ME



PHYSICAL DISTANCING

2 METERS

6 FEET

WASH YOUR HANDS  
REGULARLY & WELL

AVOID HANDSHAKES

WEAR A FACE MASK  
OF TWO OR MORE LAYERS

ALWAYS DISINFECT

AVOID TOUCHING  
YOUR FACE OR EYES

**PROTECT EACH OTHER**