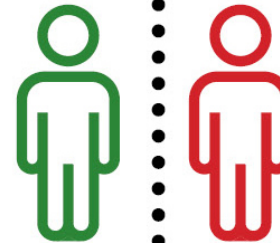




REPUBLIC OF KENYA
MINISTRY OF HEALTH

How is COVID-19 prevented?



- Wash hands regularly with soap and running water or boiled and cooled water, or using an alcohol-based hand sanitizer,
- Cough or sneeze into a disposable tissue or bent elbow, and wash hands immediately. Dispose the tissue in a trash or burn it
- Maintain a distance of at least 2 meter (6 feet) between yourself and anyone who is coughing or sneezing.
- Avoid shaking hands, hugging or kissing with people with flu-like symptoms.
- Stay home and avoid travelling when you have flu-like symptoms.
- Persons with a cough or sneezing should stay home or keep a social distance, and avoid mixing with others in a crowd.
- Maintain good respiratory hygiene by covering your mouth and nose while coughing and sneezing with a handkerchief, tissue, or into flexed elbow.