

Tips On Anti - COVID-19 Virus

1. Do not go out gathering with more people and party; Do not go to many places and stay home as long as needed. Isolation is the best way to protect yourself and others.
2. When go out if needed please wear on mask.
3. When enter in elevator or your car, please do not use finger to press button or pull the car door, instead wear gloves.
4. When come back home, spray alcohol to your shoes and shoes bottoms, dispose your gloves, wash your face and hair, wash your hands completely with hand soap containing 60%+ alcohol, use alcohol pads to rub your phone, credit card or debit card and keys to kill virus..
5. Please keep warm and do not catch cold, because people who got virus will seem like got cold!!!!

According to **People with these symptoms may have COVID-19:**

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Symptoms may appear **2-14 days after exposure to the virus.**

6. Keep your home clean and flow with fresh air.
7. Do exercises and keep your body strong and healthy to anti – Covid-19 Virus.
8. Drink warm water (over 30C (86F)). COVID-19 Virus will not be alive when temperature is over 28°C (83°F)
9. Please go to your doctor ASAP if you have fever or you exposed to someone who has infected by COVID-19 Virus for further checking and testing.

Together we will overcome COVID-19 Virus and get back to normal.

Winter is over, spring is coming, summer soon will be here!