



- 1- Wash your hands frequently with soap and water for at least 20 seconds.
- 2\_ Contact people who show cold symptoms keep at least 3-4 steps distance.
- 3\_ Cover the mouth and nose with disposable wipes during coughing or sneezing. If there is no wipe, use the inside of the elbow.
- 4\_ Avoid close contact, such as shaking hands, hugging.
- 5\_ Do not touch your eyes, mouth, and nose with your hands.
- 6\_ Cancel or postpone your travels abroad.
- 7\_ Spend the first 14 days at home on your return from abroad.
- 8\_ Ventilate your environments frequently.
- 9\_ Wash your clothes in 60-90OC with normal detergent
- 10\_ Clean your frequently used surfaces such as door handles, fixtures, sinks with water and detergent every day
- 11\_ If you have cold symptoms, do not contact elderly people and those with chronic diseases, do not go out without wearing a mask.
- 12\_ Do not share your personal belongings such as towels.
- 13\_ Drink plenty of fluids, eat a balanced diet
- 14\_ If you have a low fever, cough, and shortness of breath, apply to a healthcare provider by wearing a mask.