



ALL GATES



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Tips for preventing Coronavirus

On 10 January 2020, the [World Health Organization \(WHO\)](#) published an interim guideline for all countries to prepare for this new virus outbreak. However standard recommendations need to be followed for prevention of the spread of infection.



- Wash hands with soap and water for at least 20 seconds.
- Use an alcohol-based sanitizer if soap and water are unavailable.
- Cover mouth and nose when sneezing and coughing and follow with hand hygiene.
- Avoid crowded places especially within a closed and confined space.



- Thoroughly cook meats and eggs.
- Avoid eating raw meat, fish and eggs.
- Avoid unnecessary exposure to animals and avoid petting animals.
- Avoid contact with people suffering from acute respiratory illnesses.



- Stay home when you are having symptoms of upper respiratory tract infection.
- Drink plenty of water and keep well hydrated.
- Regularly clean and disinfect objects and surfaces touched by an infected person.

The above measures are effective against all infectious agents, including Influenza A and B (“the flu”), which sickens millions of individual worldwide and kills thousands each year.

Visit [travelguardworldwide.com/coronavirus](https://www.travelguardworldwide.com/coronavirus) for further information.

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