Reduce your risk of coronavirus infection:

- Frequently clean hands by using alcohol-based hand rub or soap and water.

- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands.

- Avoid close contact with anyone that has fever and cough.

- Thoroughly cook meat and eggs.

- Avoid unprotected contact with live wild or farm animals.

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Protect yourself and others from getting sick

Wash your hands

• after coughing or sneezing
• when caring for the sick
• before, during and after you prepare food
• before eating
• after toilet use
• when hands are visibly dirty
• after handling animals or animal waste

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Wash your hands

Wash your hands with soap and running water when hands are *visibly dirty*

If your hands are not *visibly dirty*, frequently clean them by using alcohol-based hand rub or soap and water

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue – throw tissue away immediately and wash hands.

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick.

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Protect others from getting sick

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have fever, cough, and difficulty breathing *seek medical care early* and share previous travel history with your health care provider.

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Practise food safety

Use different chopping boards and knives for raw meat and cooked foods

Wash your hands between handling raw and cooked food

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Practise food safety

Sick animals and animals that have died of diseases should not be eaten

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Practise food safety

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation.

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Working in wet markets?

Stay healthy!

Wear protective gowns, gloves, masks and facial protection while handling animals and animal products

Remove protective clothing after work, wash aprons daily and leave at the work site

Avoid exposing family members to soiled work clothing and shoes

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Working in wet markets?
Stay healthy!

Frequently wash your hands with soap and water after touching animals and animal products.

Clean and disinfect equipment and working area at least once a day.

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
Avoid travel if you have a fever and cough.

If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
STAY HEALTHY
WHILE TRAVELLING

Avoid close contact with people suffering from a fever and cough

Frequently clean hands by using alcohol-based hand rub or soap and water

Avoid touching eyes, nose or mouth

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
STAY HEALTHY WHILE TRAVELLING

When coughing or sneezing cover mouth and nose with flexed elbow or tissue - throw tissue away immediately and wash hands

If you choose to wear a mask, be sure to cover mouth and nose – avoid touching mask once it’s on

Immediately discard single-use mask after each use and wash hands after removing masks

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
If you become sick while travelling, inform crew and seek medical care early.

If you seek medical attention, share travel history with your health care provider.

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division
STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food

Avoid spitting in public

Avoid close contact and travel with animals that are sick

Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division