



UNITED ARAB EMIRATES
MINISTRY OF HEALTH & PREVENTION

دائرة الصحة
DEPARTMENT OF HEALTH



هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

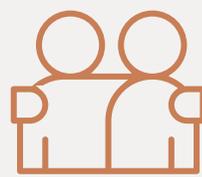


ABU DHABI PUBLIC
HEALTH CENTRE | مركز أبوظبي
للصحة العامة



NOVEL CORONAVIRUS COVID-19 AWARENESS

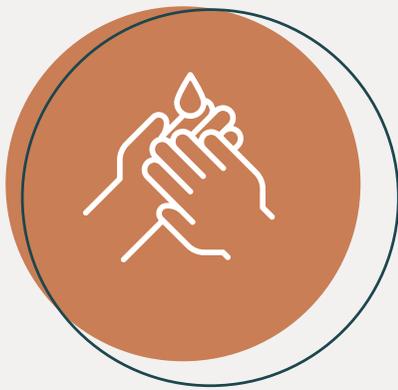
TOP 6 WAYS TO PROTECT YOURSELF FROM NOVEL CORONAVIRUS COVID-19





NOVEL CORONAVIRUS COVID-19 AWARENESS

TOP 6 WAYS TO PROTECT YOURSELF FROM NOVEL CORONAVIRUS COVID-19



Wash hands thoroughly with soap and water for at least 20 seconds (Rub all parts of your palm).



In the absence of water/soap, use an alcohol-based hand sanitizer.



Boost your immunity by healthy lifestyle such as eating healthy food, practicing physical activity and getting enough sleep.





NOVEL CORONAVIRUS COVID-19 AWARENESS

TOP 6 WAYS TO PROTECT YOURSELF FROM NOVEL CORONAVIRUS COVID-19



Avoid close contact with anyone showing signs of respiratory illness



When sneezing/coughing make sure to cover your mouth and nose with tissue then dispose properly. Use your elbow in the absence of tissue.



Travel only if it is essential

