How to stay safe and protect yourself from Coronavirus?

- Visiting the elderly
- Going to work
- Going to the mosque
- Going shopping
- When going out
General Guidelines:

Avoid close contact with anyone and call 937 when you have been in contact with infected people or have any of the following symptoms:
- Cough
- Fever
- Difficulty breathing

Wear a cloth mask

Make sure your hands are clean by:
- Washing your hands with soap and water for 40 seconds
- or use alcohol-based hand sanitizer for 20 seconds

Avoid handshakes and hugs

Avoid touching your eyes, nose, and mouth before washing your hands

Adhere to hygiene and cough etiquette by covering your mouth and nose:
- with tissues and throwing them away immediately
- or coughing into your elbow and washing your hands afterwards

Keep a safe distance of at least 2 meters

Avoid gatherings and crowds

Do not share personal items with others

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TO RETURN CAUTIOUSLY

Commit to wearing a cloth mask whenever you are going out
What to do when going out?

- Do not leave the house unless necessary
- Bring an additional cloth mask
- Bring alcohol-based hand sanitizer
What to do when going to the mosque?

The following people should not go the mosque:
- The elderly
- People with chronic diseases
- Children under 15 years old
- Anyone showing symptoms of fever, cough, and difficulty breathing

Bring your personal items, including:
- Prayer mat
- Quran
- Alcohol-based hand sanitizer
- An additional cloth mask

Perform the ablution rite (wudu) at home

Avoid handshakes and hugs
What to do when going to work?

- Avoid handshakes and hugs
- Prevent gathering in groups
- Limit in-person meetings
- Reduce number of attendees in meetings
- Immediately leave the workplace at your scheduled time
- Clean and disinfect all surfaces
- Make sure meeting rooms are well-ventilated
- Train cleaning workers on proper cleaning and disinfection practices
What to do when going shopping?

- Do not take those at higher risk of developing serious symptoms if infected
- Bring an additional cloth mask
- Bring alcohol-based hand sanitizer
- Disinfect your hands when entering and leaving shopping stores
- Measure your temperature at entrances and respond to any directions
- Disinfect the handles of your cart or basket before using it
- Use the stairs instead of the elevator
- Leave 6 steps between yourself and others on the escalator
- Pay electronically
- Disinfect and clean goods before consumption

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What to do when using public transport?

- Bring alcohol-based hand sanitizer
- Bring an additional cloth mask
- Ride in the back seats
- Avoid touching surfaces
- Keep your waste with you and dispose it after leaving the vehicle
- Pay for your rides electronically

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What to do at home?

- Pay attention to personal hygiene
- Clean and disinfect frequently touched surfaces
- Keep good airflow in your home and clean it continuously
- Maintain a healthy balanced diet
- Take care of your mental health and relieve stress
What to do when receiving orders and deliveries?

- Check the driver or shipping company are delivering your order
- Avoid receiving your order directly
- Pay for your order electronically
- Remove and dispose of unnecessary packaging
- Disinfect the solid surfaces of the items
- Store properly
- Wash fruits and vegetables thoroughly
What to do when going to a restaurant?

- Make a reservations in advance and be there on time
- Pay electronically
- Bring an additional cloth mask
- Use disposable utensils
- Measure your temperature at entrances
- Avoid going out in a group of more than 4
What to do when traveling?

- Avoid traveling to most-affected countries by coronavirus
- Avoid contact with anyone showing coronavirus symptoms
- Make your reservations online and issue all documents electronically
- Disclose all the countries you have visited

Bring your personal items, including:
- Alcohol-based hand sanitizer
- An additional cloth mask
- A Pillow or neck pillow
- A blanket

- Disinfect your seat and table before sitting
- Avoid changing seats
- Use disposable utensils

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What to do when you are one of those who are at greater risk of developing severe symptoms if infected?

- Stay home
- Disinfect commonly touched surfaces
- Avoid contacting anyone showing symptoms
- Use applications to order your needs of groceries and medicine
- Make sure the house is clean and well-ventilated
TO RETURN CAUTIOUSLY

Avoid shaking hands and greet others from afar
What to do when visiting the elderly?

- Avoid handshakes and hugs
- Do not share any food and utensils with them
- Prevent gatherings
- Provide their needs of groceries and medicine that last for one month at least
- Ensure that their homes are clean and well-ventilated
What to do when you are an elderly and need to go out?

Do not leave the house unless necessary

Bring your personal items, including:
- An additional mask
- Alcohol-based hand sanitizer
- Your medications

Do not share your food or utensils

Leave the house with a companion
What to do with your kids?

Avoid contacting anyone showing respiratory symptoms

Do not use cloth masks for toddlers under age two

Avoid going out frequently

Bring your child's personal items, such as:
- Toys
- Baby bottle
- Pacifier
- An additional cloth mask
- Snacks
- Utensils
- Extra clothes
- Creams and ointments

Disinfect regularly used toys and touched surfaces

Avoid touching surfaces outside your home

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