





WHAT ARE PROTECTION METHODS AGAINST THE NEW CORONAVIRUS?

Maintain good hand hygiene. Wash your hands frequently with soap and water and use hand sanitizers (skin antiseptics), especially after coughing, sneezing, or using toilets, before handling or preparing food, and after contact with patients or their personal belongings.





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Avoid touching your eyes, nose, face.

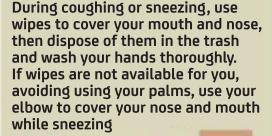
Wear masks in crowded places



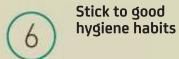
Avoid contact with sick people and their accessories as much as possible. Wear masks in case of forced contact.



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Wash vegetables and fruits thoroughly before eating them.







A balanced diet, physical education, as well as a full eight-hour sleep will help maintain your body's immune system in good condition.