



MINISTRY OF HEALTH
OF THE REPUBLIC
OF KAZAKHSTAN



COMMITTEE FOR QUALITY CONTROL
AND SAFETY OF GOODS AND SERVICES
OF THE MINISTRY OF HEALTH OF THE
REPUBLIC OF KAZAKHSTAN



NATIONAL CENTER
FOR PUBLIC HEALTH

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

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

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During coughing or sneezing, use wipes to cover your mouth and nose, then dispose of them in the trash and wash your hands thoroughly. If wipes are not available for you, avoiding using your palms, use your elbow to cover your nose and mouth while sneezing

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Stick to good hygiene habits



Wash vegetables and fruits thoroughly before eating them.

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

