

2019 NOVEL CORONAVIRUS Acute Respiratory Disease (2019-nCoV ARD)

HEALTH ADVISORY

For Overseas Filipinos in China,
Hong Kong, Macau, and Taiwan



PREVENTIVE MEASURES



Wash hands often with soap and water for at least 20 seconds.



Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your mouth and nose with a tissue or sleeve when coughing and sneezing.



Dispose tissue in a waste can.



Maintain distance from individuals manifesting with flu-like symptoms.



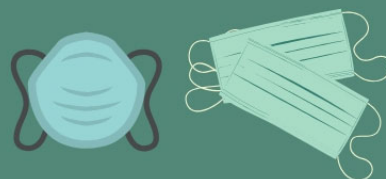
Cook food thoroughly.

IF YOU HAVE FEVER OR COUGH, YOU SHOULD:

Seek medical care in a health facility.



Wear masks to prevent spreading infection.



Avoid crowded places.

