

# ~Daily Precautions~

to prevent the spread of COVID-19 and Influenza



## Prevention

- ☑ Wash your hands
- ☑ Disinfect your hands
- ☑ Ventilate the area
- ☑ Wear a mask when symptoms appear
- ☑ Consider vaccination



## Just in case

Keep pain relievers and daily necessities **well stocked** in case you start to feel unwell.



## Don't push yourself

If you experience fever-like symptoms, **stay home and rest.**

