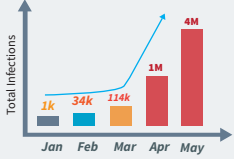


STAY SAFE AND HEALTHY TO BEAT THE VIRUS: Covid is Real!!



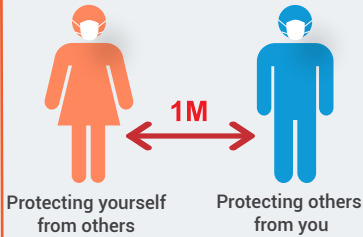
Global statistics, 29 May 2020, more than:



5.79M Confirmed Infections
357K Confirmed Deaths
 [29 May 2020]

Do not become part of the statistics. Protect yourself and your family by following the simple tips

SOCIAL DISTANCING



- Stay Alert
- Maintain physical distance of at least One Meter
- You do not know who is carrying the virus, infected people may not show symptoms
- Asymptomatic people can still infect others
- Stop touching people when talking

COUGH IN ARM



Cough into the sleeve of your arm or into a tissue and dispose off immediately in a bin

WASHING HANDS

Wash your hands with soap regularly for minimum of 20 seconds

If no soap, use hand sanitiser and make sure to rub your hands thoroughly when you use it

STAY HOME



Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention immediately by calling the national helpline in advance

WEAR A MASK



WEAR A MASK



PLEASE WEAR A MASK, ASSUME EVERYONE NEXT TO YOU IS INFECTED

You are either (i) Protecting yourself from others (ii) Protecting others from you

TIPS FOR USING MASKS

Before Putting a Mask

- Make sure hands are clean before putting on mask
- Clean your hands with alcohol-based hand rub or soap and water

How to put on the face mask



Put your fingers through the elastics. Place the mask on your nose and mouth.



Put on and form a stiffener above the bridge of the nose to minimize air leakage.



Cover mouth and nose and make sure there are no gaps between your face and masks

DO NOT DO THE FOLLOWING:

1

Do not push your mask under your chin to rest on your neck

2

Do not wear on forehead

3

Do not wear your mask so it covers just the tip of your nose

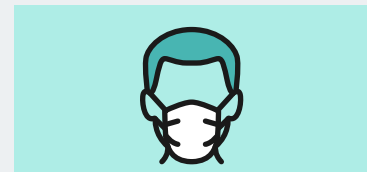
4

Do not wear the mask below the nose

5

Wear your mask loosely with gaps on the sides

DO



Wear your mask so it covers all the way up, close to the bridge of your nose and all the way down under your chin.

Do your best to tighten the loops or ties so it's snug around your face without gaps.

Clean your hands with alcohol-based hand sanitiser or wash hands with soap and water if you touched your mask

Removing the mask



Take off the mask by grasping the elastics and pulling them off your ears.



Do not touch the exterior of mask while removing - it may contain germs.



DISPOSE IT PROPERLY

Remember to put used mask in the rubbish bin



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