

HOW CAN I PROTECT MYSELF

AGAINST COVID-19?

Wash your hands **frequently**

Avoid touching your eyes, nose,
and mouth

Avoid crowded places and put
space between yourself and others

Cough or sneeze into your
bent elbow or a tissue

If you have fever, cough, or
difficulty breathing, **seek care early.**
Call beforehand and follow
medical advice.



Clark & Associates
Prosthetics and Orthotics

SOURCE: WORLD HEALTH ORGANIZATION

