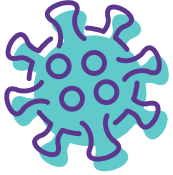




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# How to stay safe and protect yourself from Coronavirus?



Visiting  
the elderly

When  
Going out

Going to  
work

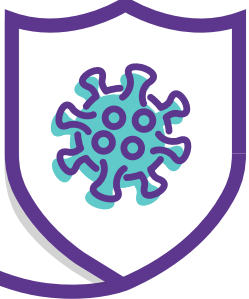
Going  
shopping

Going to  
the mosque



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# General Guidelines:



**Avoid close contact with anyone and call 937 when you have been in contact with infected people or have any of the following symptoms:**

- Cough
- Fever
- Difficulty breathing



**Wear a cloth mask**



**Make sure your hands are clean by:**

- Washing your hands with soap and water for 40 seconds
- or use alcohol-based hand sanitizer for 20 seconds



**Avoid handshakes and hugs**



**Avoid touching your eyes, nose, and mouth before washing your hands**



**Adhere to hygiene and cough etiquette by covering your mouth and nose:**

- with tissues and throwing them away immediately
- or coughing into your elbow and washing your hands afterwards



**Keep a safe distance of at least 2 meters**



**Avoid gatherings and crowds**



**Do not share personal items with others**

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**TO RETURN CAUTIOUSLY**

Commit to wearing a cloth mask  
whenever you are going out

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## What to do when going out?



Do not leave the house unless necessary



Bring an additional cloth mask



Bring alcohol-based hand sanitizer



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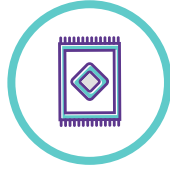


## What to do when going to the mosque?



### The following people should not go the mosque

- The elderly
- People with chronic diseases
- Children under 15 years old
- Anyone showing symptoms of fever, cough, and difficulty breathing



### Bring your personal items, including:

- Prayer mat
- Quran
- Alcohol-based hand sanitizer
- An additional cloth mask



### Perform the ablution rite (wudu) at home



### Avoid handshakes and hugs



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## What to do when going to work?



Avoid handshakes and hugs



Prevent gathering in groups



Limit in-person meetings



Reduce number of attendees in meetings



Immediately leave the workplace at your scheduled time



Clean and disinfect all surfaces



Make sure meeting rooms are well-ventilated



Train cleaning workers on proper cleaning and disinfection practices



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## What to do when going shopping?



**Do not take those at higher risk of developing serious symptoms if infected**



**Bring an additional cloth mask**



**Bring alcohol-based hand sanitizer**



**Disinfect your hands when entering and leaving shopping stores**



**Measure your temperature at entrances and respond to any directions**



**Disinfect the handles of your cart or basket before using it**



**Use the stairs instead of the elevator**



**Leave 6 steps between yourself and others on the escalator**



**Pay electronically**



**Disinfect and clean goods before consumption**

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## What to do when using public transport?



Bring alcohol-based  
hand sanitizer



Bring an additional  
cloth mask



Ride in the back seats



Avoid touching  
surfaces



Keep your waste with you and  
dispose it after leaving the vehicle



Pay for your rides electronically

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**Pay attention to personal  
hygiene**



**Clean and disinfect frequently  
touched surfaces**



**Keep good airflow in your  
home and clean it  
continuously**



**Maintain a healthy  
balanced diet**



**Take care of your mental  
health and relieve stress**

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## What to do when receiving orders and deliveries?



Check the driver or shipping  
company are delivering your  
order



Avoid receiving your order  
directly



Pay for your order  
electronically



Remove and dispose of  
unnecessary packaging



Disinfect the solid surfaces of  
the items



Store properly



Wash fruits and vegetables  
thoroughly

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## What to do when going to a restaurant?



Make a reservations in  
advance and be there on  
time



Pay electronically



Bring an additional cloth  
mask



Use disposable utensils



Measure your temperature  
at entrances



Avoid going out in a  
group of more than 4

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## What todo when traveling?



**Avoid traveling to most-affected countries by coronavirus**



**Avoid contact with anyone showing coronavirus symptoms**



**Make your reservations online and issue all documents electronically**



**Disclose all the countries you have visited**



**Bring your personal items, including:**

- Alcohol-based hand sanitizer
- An additional cloth mask
- A Pillow or neck pillow
- A blanket



**Disinfect your seat and table before sitting**



**Avoid changing seats**



**Use disposable utensils**



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## What to do when you are one of those who are at greater risk of developing severe symptoms if infected?



**Disinfect commonly  
touched surfaces**



**Use applications to order  
your needs of groceries  
and medicine**



**Stay home**



**Avoid contacting anyone  
showing symptoms**



**Make sure the house is  
clean and well-ventilated**



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**TO RETURN CAUTIOUSLY**

Avoid shaking hands and  
greet others from afar

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## What to do when visiting the elderly ?



**Provide their needs of  
groceries and medicine  
that last for one month at  
least**

**Prevent gatherings**

**Avoid handshakes and  
hugs**

**Do not share any food and  
utensils with them**

**Ensure that their homes  
are clean and  
well-ventilated**



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## What to do when you are an elderly and need to go out?



**Do not leave the house unless necessary**



**Bring your personal items, including:**

- An additional mask
- Alcohol-based hand sanitizer
- Your medications



**Do not share your food  
or utensils**



**Leave the house with a  
companion**



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## What to do with your kids?



**Avoid contacting anyone  
showing respiratory  
symptoms**



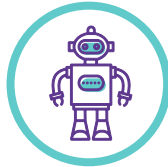
**Do not use cloth masks for  
toddlers under age two**



**Avoid going out frequently**



**Bring your child's  
personal items, such as:**



**Disinfect regularly used  
toys and touched surfaces**



**Avoid touching surfaces  
outside your home**

- Toys
- Baby bottle
- Pacifier
- An additional cloth mask
- Snacks
- Utensils
- Extra clothes
- Creams and ointments



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COVID-19

<https://covid19awareness.sa>



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