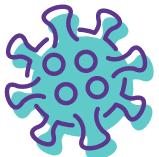
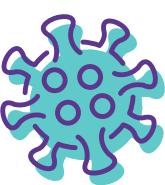


How to stay safe and protect yourself from Coronavirus?



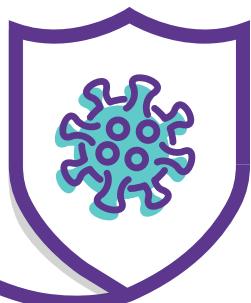
Visiting
the elderly

When
Going out

Going to
work

Going
shopping

Going to
the mosque



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

MOH initiative





TO RETURN CAUTIOUSLY

Commit to wearing a cloth mask
whenever you are going out

MOH initiative





What to do when going out?



Do not leave the house unless necessary



Bring an additional cloth mask

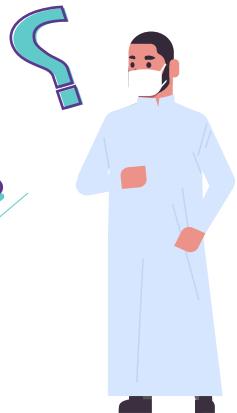


Bring alcohol-based hand sanitizer



MOH initiative



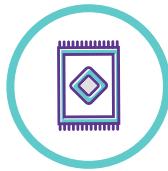


What to do when going to the mosque?



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



MOH initiative



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



MOH initiative





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

MOH initiative





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

MOH initiative





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

MOH initiative





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

MOH initiative





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

MOH initiative



What to do 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

MOH initiative





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



MOH initiative





وزارة الصحة
Ministry of Health

نعود بحذر



TO RETURN CAUTIOUSLY

Avoid shaking hands and
greet others from afar

MOH initiative

عش
بصحة
Live Well



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



MOH initiative





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**



MOH initiative





What to do with your kids?



Avoid contacting anyone showing respiratory symptoms



Do not use cloth masks for toddlers under age two

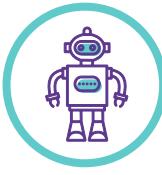


Avoid going out frequently



Bring your child's personal items, such as:

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



Disinfect regularly used toys and touched surfaces



Avoid touching surfaces outside your home



MOH initiative



إحدى مبادرات وزارة الصحة



هل أعجبك هذا الملف؟
هنا تجد المزيد

الوقاية من كورونا
COVID-19

 <https://covid19awareness.sa>



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