Basic Protective Measures to avoid Coronavirus disease (COVID-19)

Experts suggest some Basic Protective Measures through which one can defend oneself from Coronavirus disease (COVID-19). These Basic Protective Measures are the following.

Basic Protective Measures to avoid Coronavirus disease (COVID-19)

1. Wash your hands frequently

Regularly and thoroughly clean your hands with alcohol-based hand sanitizers or wash them with soap and water for about twenty seconds.

Why? Washing your hands with soap and water or alcohol-based sanitizers kills viruses that may already be on your hands.

2. Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain a virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

3. Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

4. Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread the virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

5. If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow you to ensure that you'll get the guidance and treatment you seek. This will also protect you and help prevent the spread of viruses and other infections.

6. Stay informed and follow the advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow the advice given by your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your

area should be doing to protect themselves.

6. Avoid using cash notes

Germs can live on paper for up to ten days.

Why? Coming in contact with contaminated notes can make the virus enter your body and make you a carrier too. Instead of cash, choose to use digital payment apps such as Easypaisa to minimize the spread of viruses.

Let's all band together in a collective effort to FlattenTheCurve by ensuring these measures are implemented and by informing others about them as well.

Stay home, stay safe!

For more Basic Protective Measures to avoid Coronavirus disease (COVID-19) visit our home page.

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