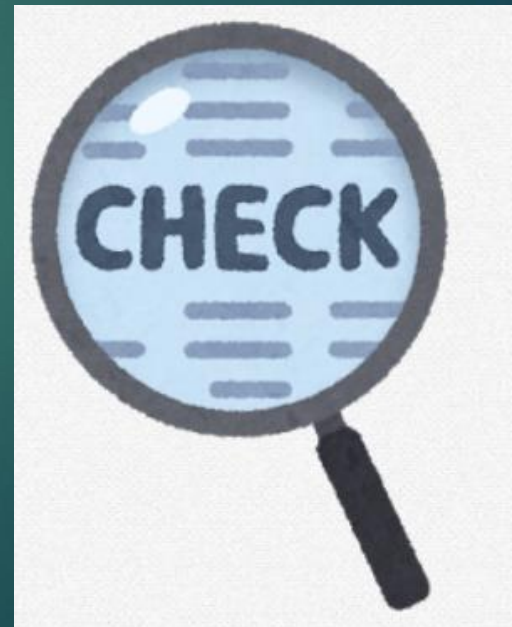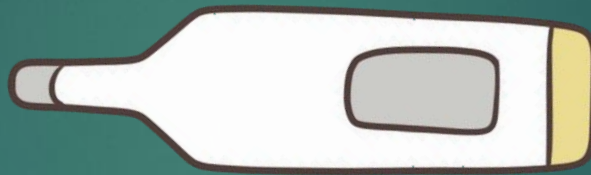# The ways to save yourself from coronavirus!
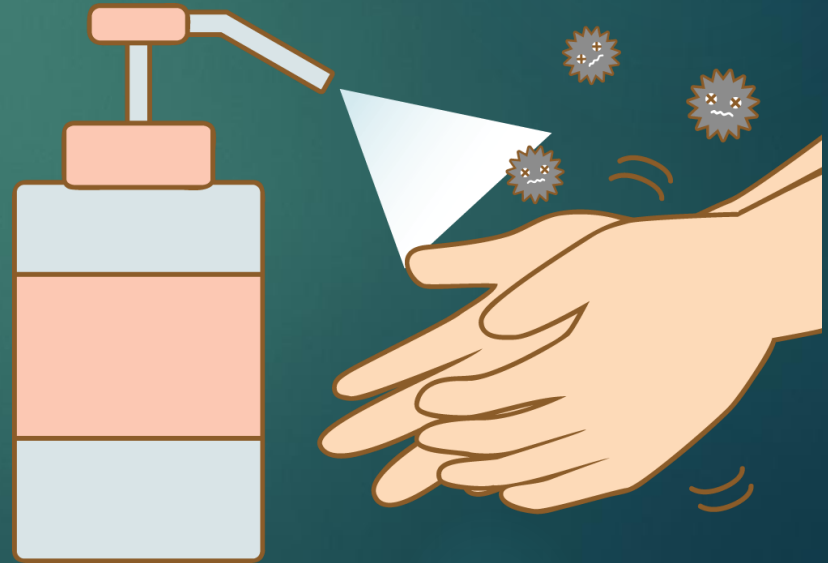
① Check your temperature

② Wash your hands

with soap and water

③ Clean your hands

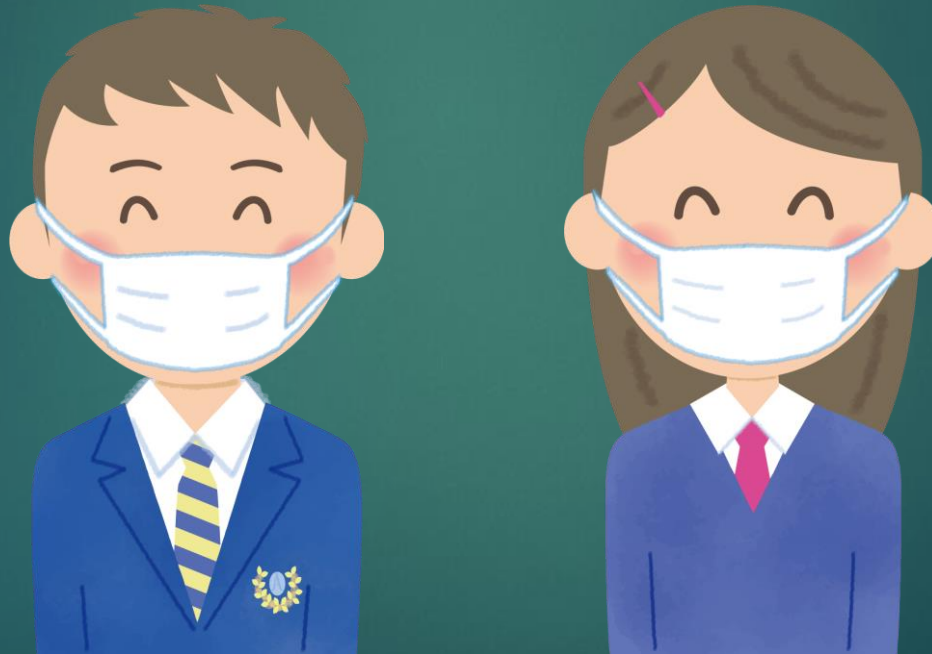by using alcohol-based hand rub

④ Open the windows and doors

⑤ Don't speak to your friends closely

Don't speak in a big voice

⑥ Wear a face mask

Cough Etiquette

- Cover your nose & mouth
- Use a tissue or your arms

Avoid the "Three Cs"

- Closed spaces
- Crowded places
- Closed-contact setting

Lead a regular lifestyle

- get enough rest
- exercise regularly
- Eat a balanced diet