



## How does COVID-19 spread?



### 1 Through contact with people

This virus spreads mainly via respiratory droplets. When someone coughs, sneezes or speaks, they spray small droplets from their nose or mouth.



### 2 In crowded spaces

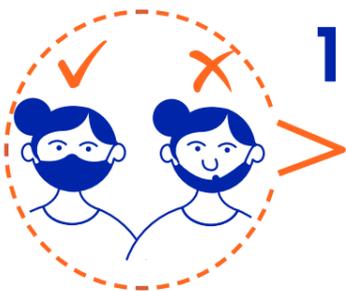
The virus spreads easily in spaces with lots of people and less air movement. Contracting the virus is less likely in spaces outside, where the virus particles disperse quickly in fresh air.



### 3 By touching contaminated surfaces

The virus can also spread by touching contaminated surfaces and then touching your eyes, mouth or nose.

## Safety guidelines to follow



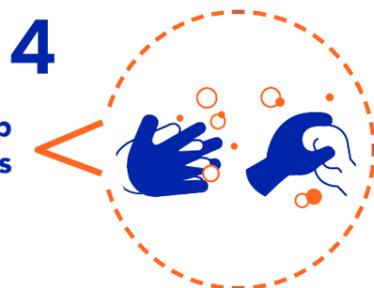
### 1 Wear a cloth mask that covers your mouth and nose



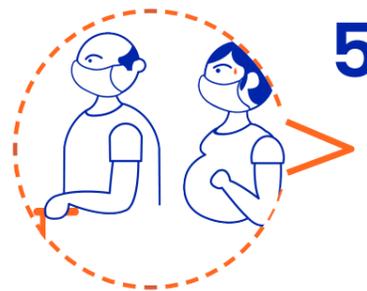
### 2 Avoid touching your face especially eyes, mouth and nose



### 3 Avoid touching people while greeting them



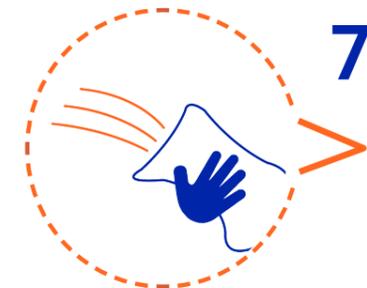
### 4 Wash your hands with soap often for at least 20 seconds



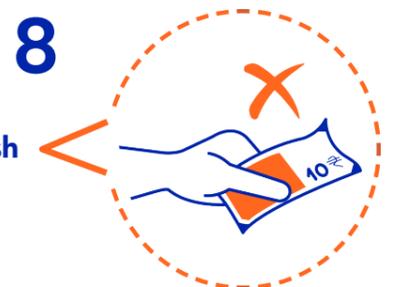
### 5 Give priority to high risk customers in queues



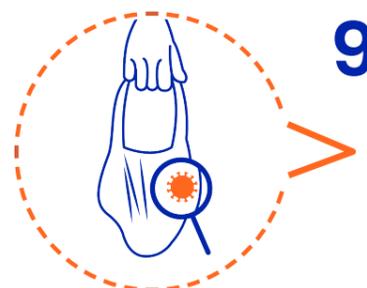
### 6 Ask customers to not touch products



### 7 Clean all frequently touched surfaces



### 8 Avoid handling cash



### 9 Avoid re-using carry bags and touching customers' bags

## HIGH RISK INDIVIDUALS

Elderly People  
Age: 60+



High blood pressure patients



Diabetic patients



Asthama + Lung disease patients



Cancer + HIV AIDS patients



Pregnant women



Cough



Fever



Fatigue



Shortness of breath

## SYMPTOMS

In case of an emergency call 1075 (Toll Free) | 011-23978046