

THERE'S ONLY ONE THING  
YOU NEED TO UNDERSTAND  
ABOUT HOW A CORONAVIRUS

SPREADS

THE VIRUS SPREADS WHEN

these droplets



SO IF YOU SEE SOMEONE WHO IS  
VISIBLY COUGHING/SNEEZING/SICK,  
YOU CAN CHOOSE TO:



- ① KEEP YOUR DISTANCE.  
2m to 0.5m will keep you safe  
from large droplets.

OR,



② GIVE THEM A MASK.  
THEY CAN COUGH / SNEEZE INTO IT  
AND PROTECT EVERYONE ELSE NEARBY

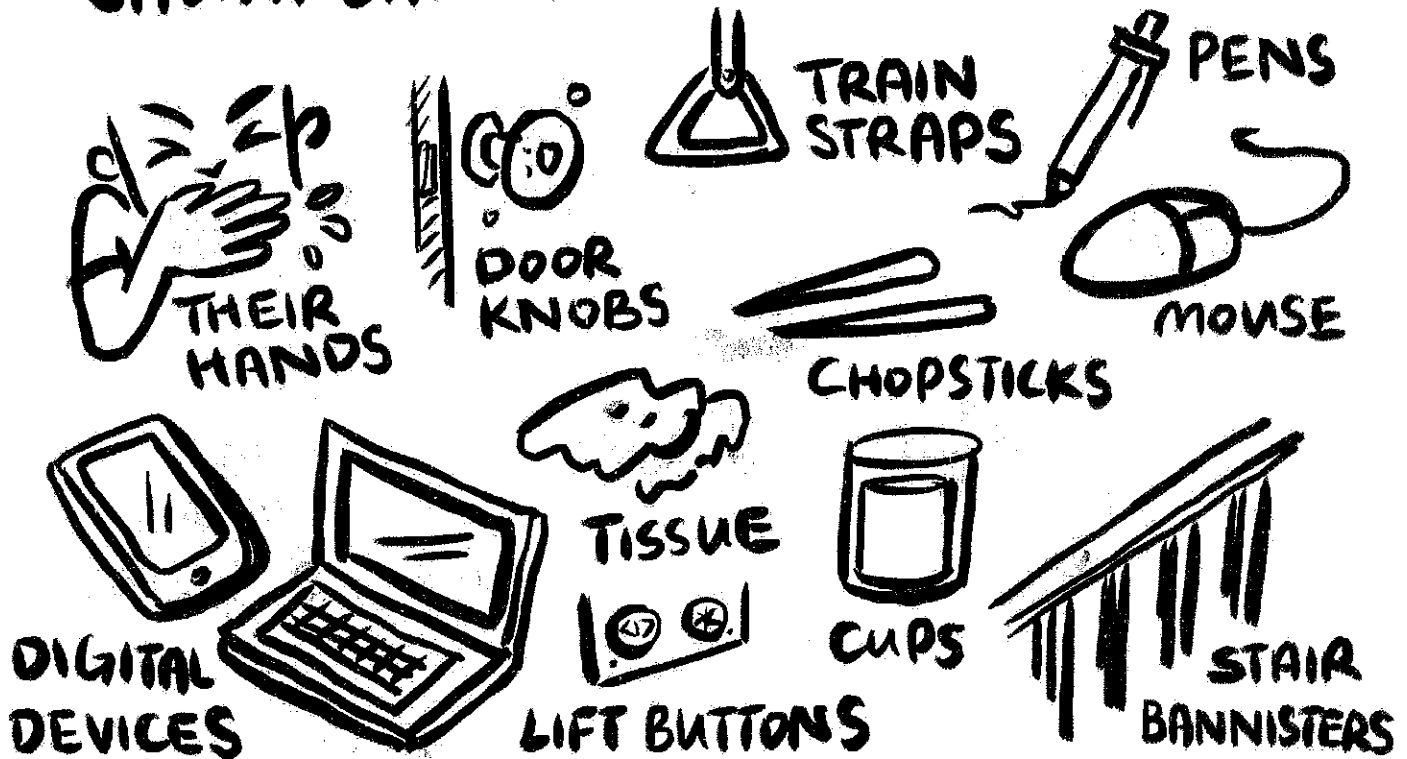
AND IN GENERAL, IT'S A GOOD IDEA TO AVOID CROWDS, BECAUSE YOU DON'T KNOW WHO MIGHT BE SICK.



← People who are infected can show no symptoms, but are still **INFECTIOUS?**

← Maybe she's not sick, just protecting herself.

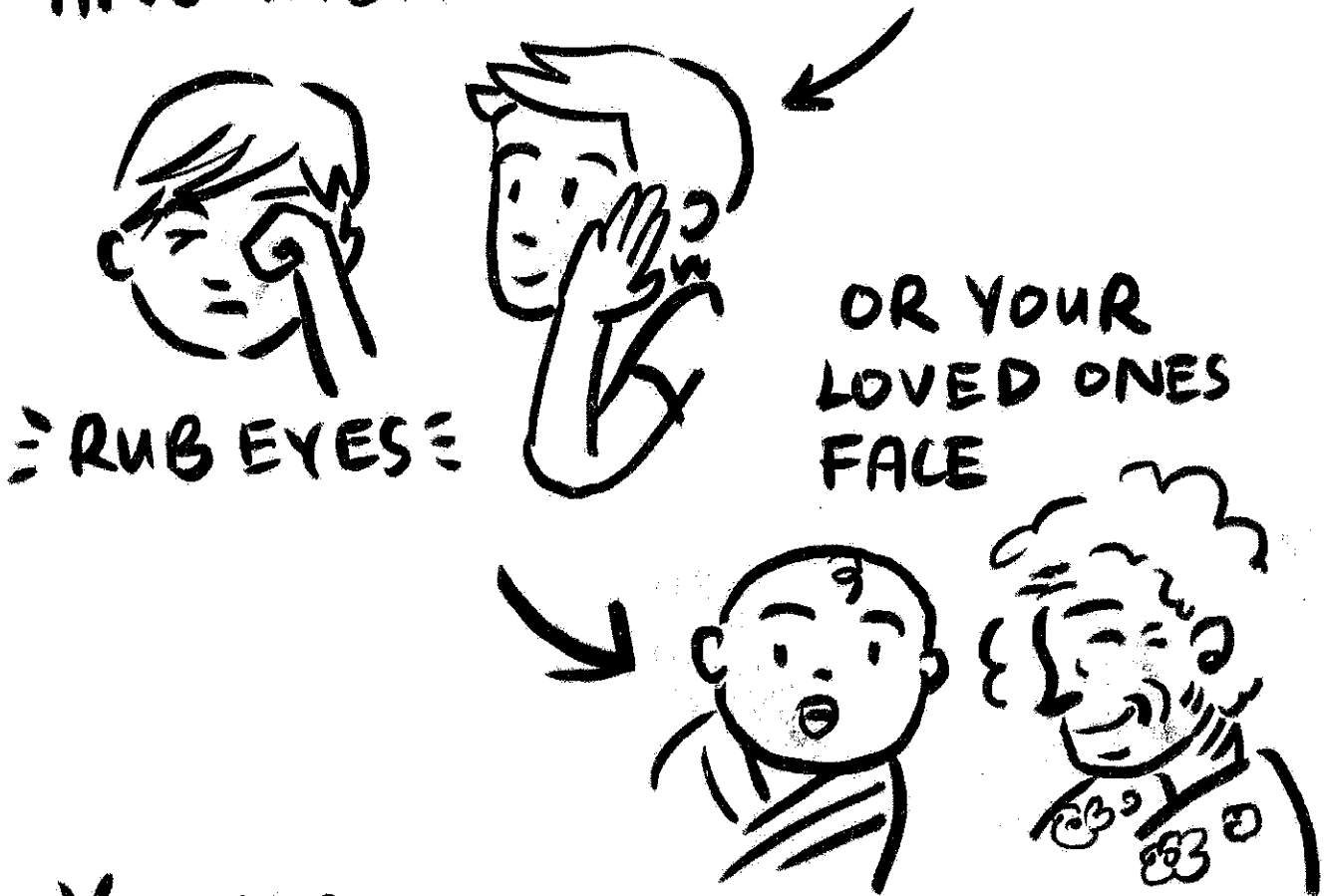
HOWEVER, SOMETIMES A SICK PERSON'S SALIVA CAN GET ON OTHER THINGS...



& EVEN ON THE  
OUTSIDE OF  
YOUR FACE MASK

HEALTHY PERSON

AND IF YOU TOUCH ANY OF  
THESE THINGS BY ACCIDENT,  
AND THEN TOUCH YOUR FACE,

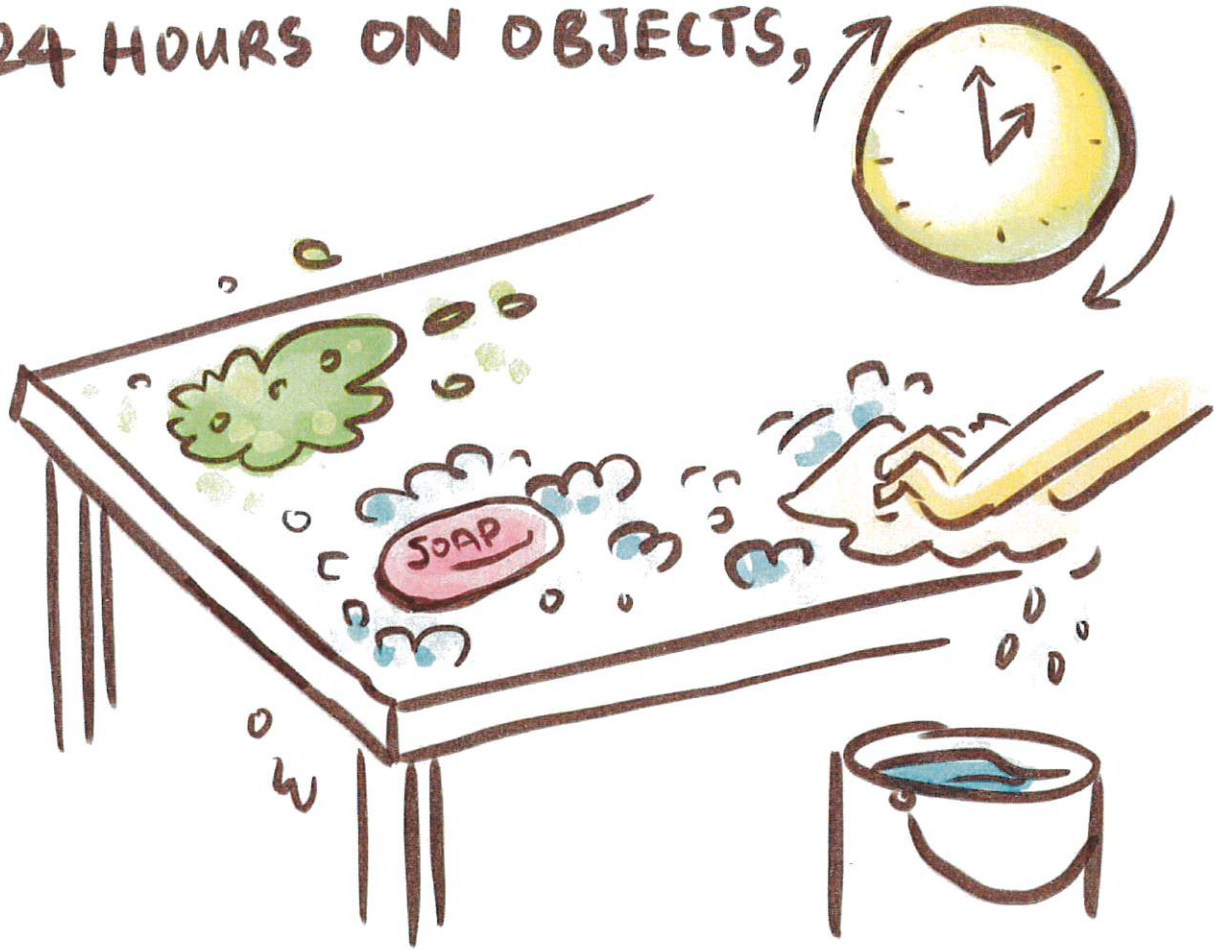


≡ RUB EYES ≡

OR YOUR  
LOVED ONES  
FACE

YOU MIGHT ALL FALL SICK.

VIRUSES CAN LAST FOR UP TO  
24 HOURS ON OBJECTS,



AND THE ONLY EFFECTIVE WAY TO  
GET RID OF THEM IS TO WASH THEM  
OFF WITH SOAP.



WHICH IS WHY IT IS ALSO  
GOOD TO FOLLOW THESE



PRECAUTIONS

1

DO NOT TOUCH YOUR FACE.  
(OR ANYONE ELSE'S FACE.)

IF YOU HAVE TO, WASH YOUR HANDS  
WITH SOAP THOROUGHLY FIRST.



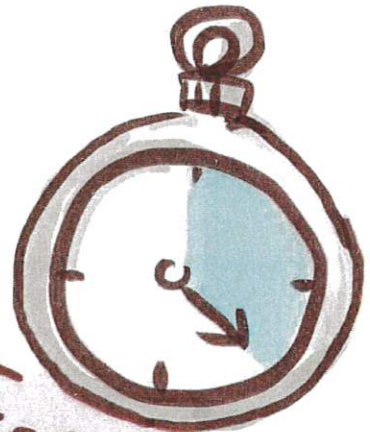
# WHAT IS THOROUGHLY?

WASH THE  
BACK OF YOUR  
HANDS

BETWEEN  
THE FINGERS



UNDER  
THE NAILS

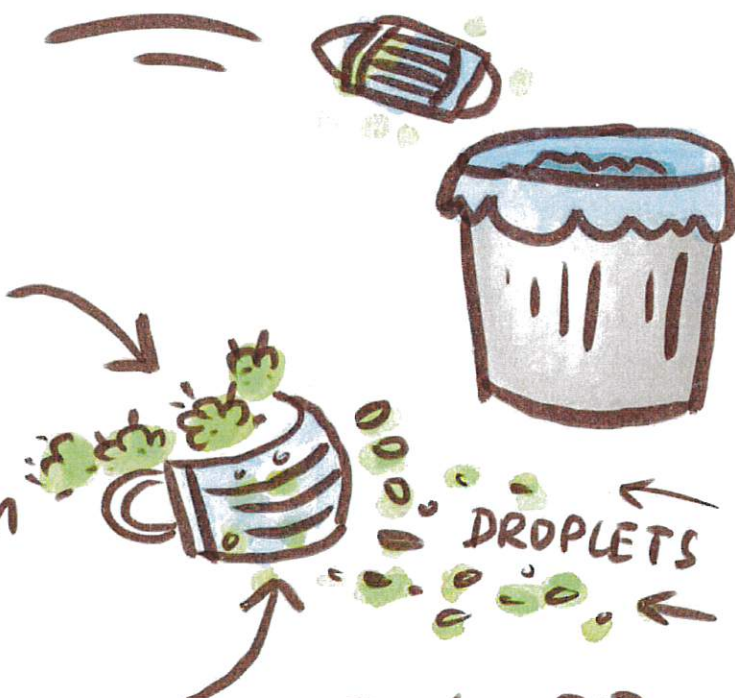


ENOUGH TIME TO  
SING "HAPPY BIRTHDAY"  
TWICE



**2** THROW AWAY MASKS ONCE THEY FEEL GROSS, DON'T WEAR THEM FOR MORE THAN A DAY!

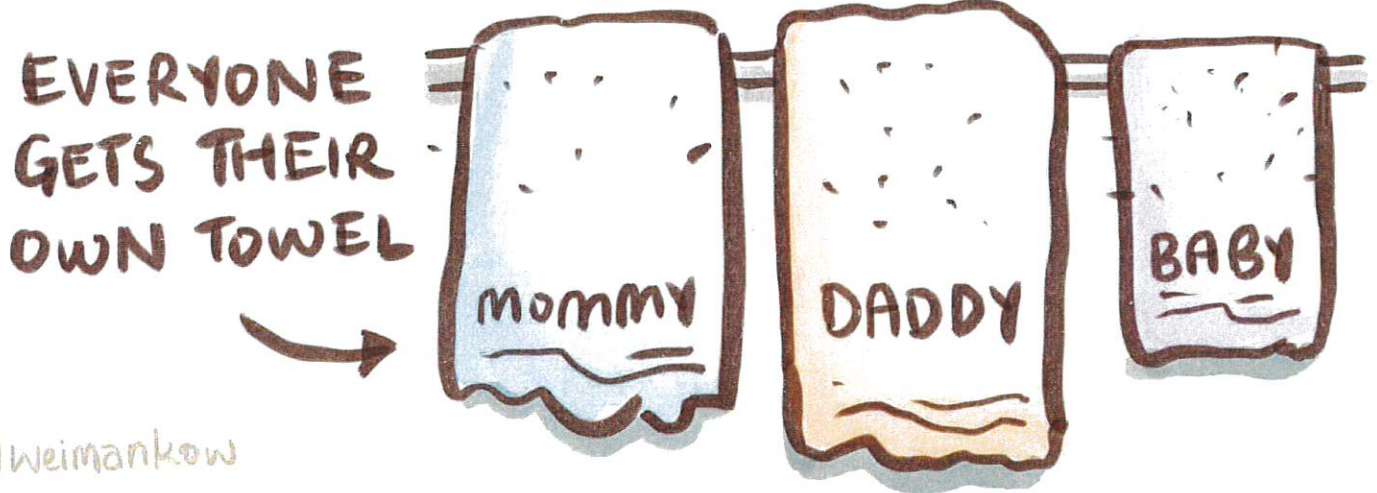
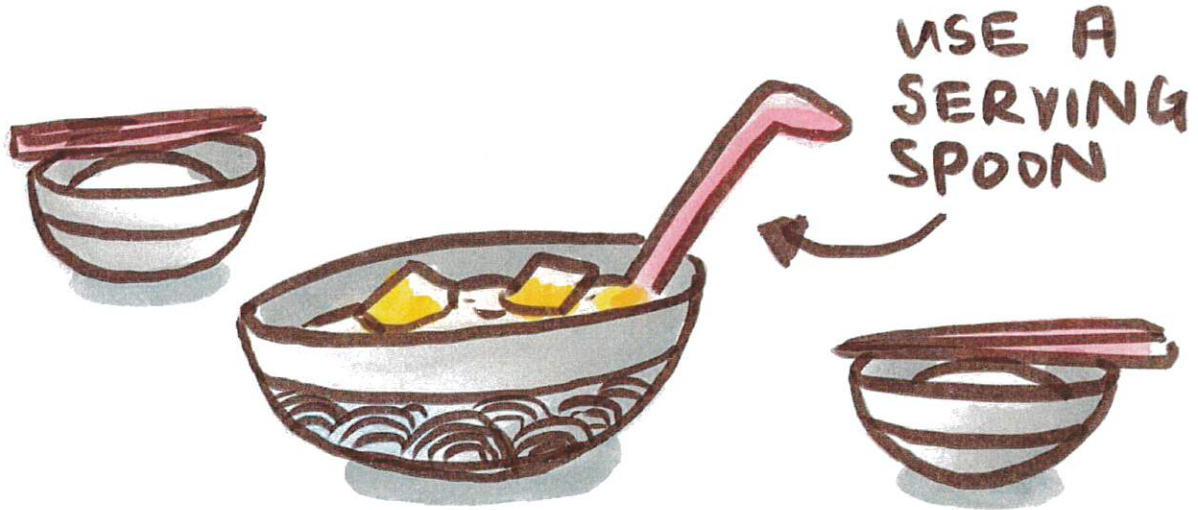
\*BACTERIA GROWS ON THE INSIDES OF YOUR MASK IF YOU WEAR THEM TOO LONG



ALSO, DON'T TOUCH THE OUTSIDE OF THE MASK IF YOU CAN.

IF YOU DID, DON'T WORRY, JUST WASH YOUR HANDS WITH SOAP AFTER

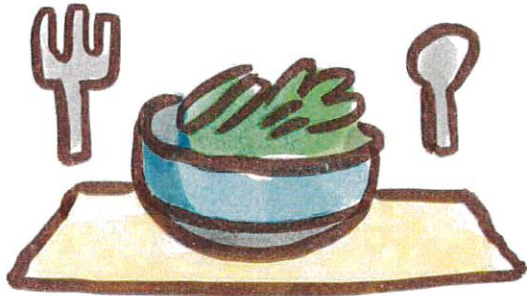
**3** DO NOT SHARE FOOD,  
UTENSILS, CUPS, TOWELS.



AND FINALLY,

**5** ALWAYS WASH YOUR  
HANDS WITH SOAP ...

- BEFORE YOU  
EAT



- AND AFTER  
BEING OUT  
IN THE PUBLIC

STAY SAFE,  
EVERYONE!



© Weimankow

## MAIN REFERENCES FOR MEDICAL INFO :

1. "How to Avoid the Coronavirus? Wash Your Hands", by Elizabeth Rosenthal, in The New York Times, Opinion. (Jan 28, 2020)

2. "The Wuhan Virus: How to stay Safe", by Laurie Garrett, in Foreign Policy, Report. (Jan 25, 2020)

3. "This animation shows how far your sneeze can actually travel." by Chia-yi Hou and Andrea Schmitz, in Business Insider (Jan 21, 2020)

Read the articles for more tips!