



Government of the Republic of Trinidad and Tobago
Ministry of Health

Protect Yourself from **COVID-19** (NOVEL CORONAVIRUS)

COVID-19, PREVIOUSLY CALLED THE NOVEL CORONAVIRUS, IS A RESPIRATORY ILLNESS THAT IS PART OF A FAMILY OF VIRUSES THAT INCLUDES THE COMMON COLD, THE SEVERE ACUTE RESPIRATORY SYNDROME (SARS) AND THE MIDDLE EAST RESPIRATORY SYNDROME (MERS).



1

Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.



2

Cover your nose and mouth with disposable tissue when you cough or sneeze. Discard the tissue immediately.



3

Cough and sneeze into the crook of your elbow if you do not have a tissue.



4

Avoid close contact with people who have flu-like symptoms.



5

If you develop fever, cough or difficulty breathing after coming from a country with the COVID-19, please seek medical attention at the nearest health Institution.

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