

**Change your mindset...**

**From "How not to catch Covid-19"  
to "How not to transmit it to others"**

Hypothesis : I am infected without any symptoms.

Objective : Therefore I will act in a way not to  
transmit it to anyone.

**Virus Trivia**

Viruses are transmitted by coughing, saliva and exhalation. Saliva and coughing will affect people who are near them. But that can be mostly prevented if those infected wear a mask. It is not transmitted just by exhalation.

**Eat well,  
sleep well  
and laugh a lot !!**

**You don't have enough masks...?**

**Masks can be reused!**

**Wash or spray  
disinfectants!**



**Ventilate your room by opening the windows.**

Avoid breathing through your mouth as the risk of inhaling the viruses into your lungs increases.



**Avoid touching your face while outside...!**

Important! Your hands are full of viruses so by touching your face you are doing it a favor delivering it closer to your eyes, nose and mouth. Also, do not pick your nose!

**If you must touch your face while outside...**

Make sure you wash your hands before you touch your face. If you cannot wash your hands, make sure to use disinfectant spray, wet wipes or a wet towel.



**When you get back home... !**

Wash your hands as soon as possible. If you have disinfectant spray, wipe the door knobs as well. And shower and/or take a bath as soon as possible.



**When you meet up with someone...!**

When you talk to someone, do wear a mask. When you dine with someone, savor your meals and don't talk to them. You can talk with them after you are done when you have your mask on.

