



International
Labour
Organization

▶ COVID-19

Protect yourself and others



**Cough and
sneeze
into a tissue
or elbow.**



**Wash your
hands
thoroughly
and regularly.**



**Keep your
distance.**
Stand 1 metre or 3 feet apart.



**Avoid
shaking
hands.**



**Stay at
home if you
feel ill.**



**Be kind,
avoid stigma.**