



ALL GATES



AIG TRAVEL

Tips for preventing COVID-19

The [WHO](#) published advice to help reduce the chances of being infected and prevent the spread of infection. These include:

- Wear a mask **CORRECTLY**. The mask should completely cover your mouth and nose, and fit snugly.
- Avoid crowded places especially within a closed and confined space and try instead to meet people outdoors. Avoid shaking hands and greet people with a wave instead.
- Wash hands with soap and water for at least 20 seconds.
- Use an alcohol-based sanitizer if soap and water are unavailable.
- Cover mouth and nose when sneezing and coughing and follow with hand hygiene.
- Avoid contact with people suffering from acute respiratory illnesses.
- Stay home when you are having symptoms of upper respiratory tract infection or have minor symptoms.
- Drink plenty of water and keep well hydrated.
- Regularly clean and disinfect objects and surfaces touched by an infected person.

The above measures are effective against all infectious agents, including Influenza A and B (“the flu”), which sickens millions of individual worldwide and kills thousands each year.

Visit travelguardworldwide.com/coronavirus for further information.

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