

The coronavirus outbreak has brought about a drastic change in our lifestyle, limiting our mobility and forcing us to 'stay home'. Still, outdoor exposure is inevitable, this could include buying essential stuff such as groceries, medicines etc or visiting bank/ ATM etc. In this situation one family member should go out at a time, preferably individuals under 50 years and those not suffering from any kind of illness. You may extend help to your neighbors by asking if they may need anything from outside. Once you are out of home, remain cautious of your behavior and adopt the following safety measures to protect yourself and others from the novel coronavirus also known as COVID19.

1. Go out only if you are healthy, showing no signs of fever, cough/flu or any other illness



2. Refrain from going to crowded places



3. Make sure to carry a sanitizer with you



4. Sanitize your hands before and after using the ATM machine and before and after shopping



5. Wear a surgical mask and gloves to reduce risk of virus transmission



6. Cooperate with the staff at the bank or at the store and follow their safety guidelines



7. If you meet people you might know greet them by waving, do not shake hands



8. Maintain a distance of 6 feet (atleast 2 meters) from people around you



9. Do not touch your face, mouth, nose out of boredom



10. In case you cough or sneeze, cover your mouth with a tissue or with your elbow



11. If traveling in your car, make sure to clean the surfaces and items that you frequently touch



12. Wash your hands with soap and water for 20 seconds as soon as you return home



Find how much you know about the coronavirus at:  
<https://www.unicef.org/coronavirus/fact-or-fiction-how-much-do-you-actually-know-about-coronavirus-covid-19>

Note: No symptoms does not mean no Coronavirus. The symptoms of Coronavirus might take 1-14 days to appear, a person might be carrying the infection but not showing any signs of sickness.

**Pakistan Poverty Alleviation Fund**

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STAY HOME  
SAVE LIVES

