

4 points

+ 1

To Watch out for at Home and Protect your Family

Don't bring it
home



Point 1

Don't spread it
at home



Point 2

Prevent
spreading it in
the car



Point 3

Take basic
prevention
measures



Point 4

Stay healthy to
keep it away



+ 1

Point 1

Don't Bring it Home

In previous cases:

- the virus spread at home after a meal with the whole extended family;
- the virus spread at home after someone went to a Christmas party with a friend.



To prevent the spread

- ✓ In addition to the usual precautions **during meals**, only eat **with family members or people you meet with regularly**



Point 2

Don't Spread it at Home

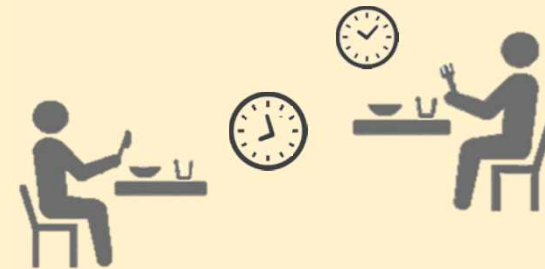
In previous cases:

- the virus spread at home after someone with cold-like symptoms stayed in the same room as the rest of the family;
- the virus spread at home after someone had a maskless conversation with a person they don't meet often (e.g. during a meal.)



To prevent the spread

- ✓ Eat **at different times**
- ✓ **Divide** the room
- ✓ When in the same room, **wear a mask**



Point 3

Prevent Spreading it in the Car

In previous cases:

- the virus spread at home after someone rode in a car with several friends.



To prevent the spread

- ✓ **Ventilate properly**
(Set your AC to fresh air mode, open windows)
- ✓ **Wear a mask**



Point 4

Take Basic Prevention Measures

In previous cases:

- basic prevention measures weren't being properly taken within the home.



- ✓ Wash your hands before meals and when returning home
- ✓ Follow proper coughing etiquette
- ✓ Don't share towels
- ✓ Ventilate rooms properly
- ✓ Disinfect shared surfaces frequently



Stay Healthy to Keep it Away

+ 1

✓ Eat and rest well



✓ Exercise



✓ Keep your stress levels low

