

# Coronavirus:

## Don't fear - Protect yourself

### *Knowledge is your shield*



**Wash your hands frequently and thoroughly** using soap or alcohol-based hand sanitizer. Avoid touching your nose, mouth and eyes.



**Cover your mouth and nose** with a tissue or in a bent elbow when you cough or sneeze. Immediately wash your hands.



**Throw used tissues** in a closed lined trash can.



**Avoid close contacts** if you are sick (cough, fever, runny nose, sore throat) or with people exhibiting these symptoms, especially the elderly or chronically ill.



If you develop a fever, cough or shortness of breath after traveling to an affected area, **call your doctor or the National Public Health Organization (210-521-2054)** and stay home.



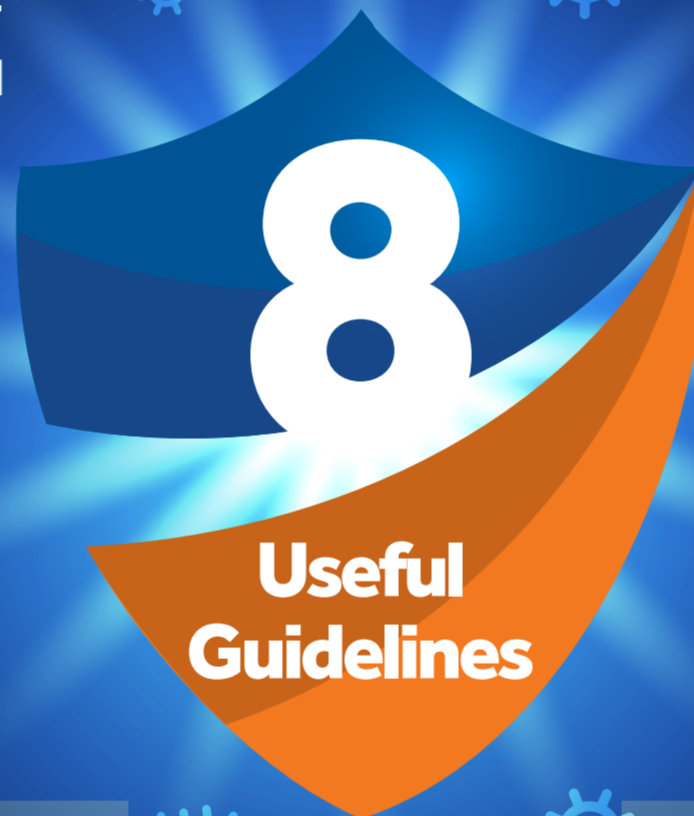
If you become sick while traveling, **tell a crew member immediately and seek medical help.**



**Wash your hands** before cooking, before and after caring for sick people and after contacting live animals.



Trust the information given by **experts and scientists.**



GENERAL SECRETARIAT  
FOR CIVIL PROTECTION



HELLENIC REPUBLIC  
Ministry of Citizen Protection