

14 RULE

THE CORONAVIRUS AGAINST RISK

For information:
www.saglik.gov.tr

1 Wash your hands frequently with soap and water for at least 20 seconds by scrubbing.

2 Keep at least 3-4 steps away from people who show symptoms of colds.

3 Cover your mouth and nose with disposable wipes during coughing and sneezing. If there are no wipes, use the inside of the elbow.

4 Avoid physical contacts such as handshaking and hugging.

5 Do not touch your eyes, mouth and nose with your hands.

6 Cancel or postpone your travels abroad.

7 Spend the first 14 days at home on your return from abroad

8 Ventilate your environment frequently

9 Wash your clothes at 60-90 °C with regular detergent.

10 Clean frequently used surfaces such as door handles, fixtures and sinks with water and detergent every day.

11 If you have cold symptoms, avoid contact with people, especially the elders and those with chronic diseases and do not go out without wearing a mask.

12 Do not share your personal belongings such as towels.

13 Drink plenty of fluids, maintain a balanced diet and pay attention to your sleep patterns.

14 If you have persistent fever, cough and shortness of breath, go to a health facility wearing a mask.



TÜRKİYE CUMHURİYETİ
SAĞLIK BAKANLIĞI

**THE CORONAVIRUS IS NOT
STRONGER THAN THE
MEASURES YOU WILL TAKE**