



REPUBLIC OF TURKEY  
MINISTRY OF HEALTH

GENERAL DIRECTORATE OF HEALTH FOR BORDERS AND COASTAL AREAS OF TURKEY

# HOW TO PROTECT YOURSELF FROM NOVEL CORONAVIRUS (2019-nCoV)



**Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand rub.



**Avoid touching your eyes, nose, and mouth with unwashed hands.**

Avoid contact with sick people with fever and cough.



**Cover your mouth and nose with a tissue or flexed elbow when coughing and sneezing, then throw the tissue in the trash immediately and wash hands with soap and water.**

Clean and disinfect frequently touched objects and surfaces.



**If you still plan travelling to areas where novel coronavirus cases are experienced, avoid crowded environments, animals (live or dead), animal markets.**



Sick animals and animals that have died of diseases should not be eaten.



**The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practice.**

Older adults and people with underlying health problems should consult a healthcare professional if they plan travelling to risky areas as they may be at risk of more serious illness.



**If you were in the risky areas in the last 14 days and feel sick with fever, cough, or difficulty breathing, seek medical care right away. Tell your doctor about your last trip and your symptoms.**

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