



International  
Labour  
Organization

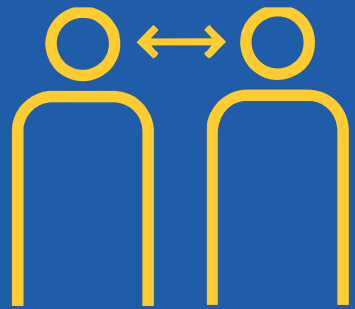
# ▶ COVID-19 Protect yourself and others



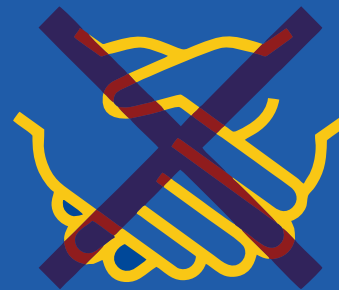
Cough and  
sneeze  
into a tissue  
or elbow



Wash your  
hands  
thoroughly  
and regularly



Keep your  
distance  
Stand 1 metre or 3 feet apart.



Avoid  
shaking  
hands



Stay at  
home if you  
feel ill



Be kind,  
avoid stigma

For further information, you can access:

[www.ilo.org](http://www.ilo.org) | [www.covid.gov.pk](http://www.covid.gov.pk)