



International
Labour
Organization



Funded by the European Union

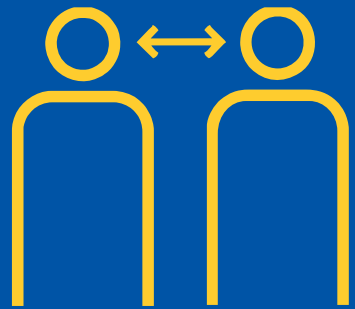
▶ COVID-19 Protect yourself and others



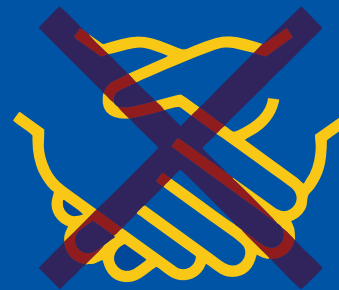
**Cough and
sneeze
into a tissue
or elbow**



**Wash your
hands
thoroughly
and regularly**



**Keep your
distance**
Stand 1 metre • r 3 feet apart.



**Avoid
shaking
hands**



**Stay at
home if you
feel ill**



**Be kind,
avoid stigma**

For any inquiry please call on Pakistan Government's Helpline number
1166