



Government of the Republic of Trinidad and Tobago
Ministry of Health

Protect yourself, your family and everyone from **COVID-19**

WEAR A MASK WHEN YOU GO OUT IN PUBLIC



Call the Health hotline if you have flu-like symptoms such as a fever or a cough
Call 800 WELL or 877 WELL (i.e. 9355)

Follow ALL of the personal health protection measures!
#TTBEATCOVID19



www.health.gov.tt



Ministry of Health-Trinidad and Tobago



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**CLEAN AND
SANITIZE SURFACES
(E.G. DOOR KNOBS
AND CELL PHONES)**



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**AVOID CLOSE
CONTACT WITH
PEOPLE WHO HAVE
FLU-LIKE SYMPTOMS**



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AVOID TOUCHING YOUR FACE



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**COUGH INTO A TISSUE
OR INTO THE CROOK
OF YOUR ELBOW**



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KEEP YOUR DISTANCE FROM OTHERS



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**Protect yourself,
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**WASH YOUR HANDS
OFTEN WITH SOAP
AND WATER OR USE
AN ALCOHOL-BASED
HAND SANITIZER**



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