

Smart during COVID-19

10 Principles for wise conduct

We all learned how to protect ourselves from health threats such as smoking and sunburns. Now we can protect ourselves and the people around us from COVID-19 using these ten simple principles:

1 When in doubt, don't

If you are not feeling well, don't meet others. Even if you are 99% sure it's not COVID-19 - don't. Stay home and self-isolate.



2 Safer outside

Every meeting, gathering, conversation, prayer, physical activity, party, wedding, coffee with friends – it is safer in the open air, on your porch or in the park. Stay busy and active, but outside.



3 Safer at a distance

When meeting one-on-one, in a group, studying, praying, at the beach – keep your distance. Talk to each other 6 feet apart. In meetings, arrange the chairs at distance from each other. This is how we protect ourselves and others.



4 Safer online

Nowadays you can do almost everything online. Business meetings, working from home, hobbies, shopping – do things remotely.



5 Safer to minimize

Do we need everyone at every meeting? We can do many things in smaller groups. No one should take offense, we need to keep everyone safe.



6 Safer with elbows

Handshakes are passé. Hugging and kissing the grandparents should also be avoided at this time. Let's embrace new and safe habits such as elbow bumps.



7 Safer to separate

At home and in close company we sometimes eat from the same plate, share food and utensils. During COVID-19 we separate our food and what comes in contact with our mouth. Same goes for towels.



8 Safer with protection gear

We can still be contagious even when we don't feel sick. Therefore, face masks will prevent coronavirus from spreading. It is important to wear them in closed spaces like elevators, shops, clinics, parking lots and offices. If we protect others they will protect us.



9 Safer with clean hands

The virus spreads through droplets. Therefore, washing hands, using hand sanitizer and avoiding touching the eyes, mouth and nose with our hands can prevent the virus from entering our body.



10 COVID-19 safety - not on the expense of staying healthy

The coronavirus is dangerous, but it's important to remember that many other health conditions still exist during this time and it is important to maintain broad health consciousness, get checked by a doctor when necessary, perform physical activities routinely and maintain a proper diet.



Proper conduct on our part will defeat the corona virus
IT IS IN OUR HANDS