

WHO and DOH Health Advisory for the General Public

WHO provides standard recommendations to the general public (World Health Organization, 2020) to reduce exposure to and transmission of a range of illnesses, to protect self and others from getting sick, and to stay healthy while travelling.

1. Wash your hands frequently
2. Practice respiratory hygiene
3. Maintain social distancing
4. Avoid touching eyes, nose and mouth
5. If you have fever, cough and difficulty breathing, seek medical care early
6. If you have mild respiratory symptoms and no travel history to or within China, carefully practice basic respiratory and hand hygiene and stay home until you are recovered, if possible.
7. As a general precaution, practice general hygiene measures when visiting live animal markets, wet markets or animal product markets
8. Avoid consumption of raw or undercooked animal products

Source: Collective Institutional Guidelines for the Prevention and Control of the Novel Coronavirus (2019-nCoV), February 6, 2020