



If I have a **noncommunicable disease** and/or I am **older than 60 years** of age

## How to protect myself from the Corona Virus Disease 2019 (COVID-19)?

**1**

### FOLLOW BASIC PROTECTIVE MEASURES



Wash your hands frequently



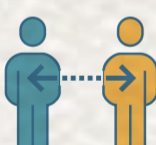
Cough or sneeze into your elbow or into a tissue and throw the tissue in the bin



Avoid touching your face



Clean and disinfect objects and surfaces regularly



Keep a safe distance of at least 1.5 metre from others



Ask family and friends who are feeling sick to avoid visiting you



Wear a medical face mask for protection if you must be in crowded areas

**2**

### MAINTAIN A HEALTHY LIFESTYLE



Maintain a healthy diet, proper sleep, and regular physical activity



Take your medication regularly



Keep your regularly scheduled doctor visits



Avoid smoking, alcohol and drugs



Do activities that you enjoy or find relaxing such as reading, walking, etc.



Stay connected with family and friends

**3**

### BE PREPARED



Keep sufficient supply of all your regular medications and essential food



Have cleaning supplies in your home (soap, disinfectants, hand sanitizer)



Ask your family or social contacts to provide you with assistance if needed



Have your doctor's phone number handy, somewhere you and your family members can find it easily

### What are the most common symptoms of COVID-19?



fever



fatigue



cough

### What are the available hotlines?



**1214**

Ministry of Public Health hotline

**1564**

National hotline for emotional support (12pm - 5:30am)

**140**

Lebanese Red Cross

**01-594459**

COVID-19 hotline