

**Consulate General of Pakistan
Toronto**

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Press Release

Preventive Measures for COVID19

Following preventive measures/ precautions for Corona Virus disease, 2019 (COVID19) may kindly be taken:

- The virus is spread by droplets when an infected person sneezes/coughs. Therefore, please cover your mouth while sneezing/coughing.
- Dispose off used tissues immediately.
- Masks are recommended for people with flu or those taking care of them to avoid infecting others. Dispose off masks after maximum of 8 hours.
- Wash your hands frequently with soap and water/sanitizer. Thorough hand washing entails washing the back of hands, between the fingers and under the nails.
- Clean surfaces and things which are frequently used like door knobs, lift buttons, stair banisters, table tops, gadgets etc.
- Avoid large gatherings and unnecessary physical contact.
- Don't touch your face without thoroughly washing your hands with soap and water.
- Avoid spitting in public places.
- Don't share food/utensils/ towels.
- Contact a doctor in case of prolonged cough, fever and difficulty in breathing.
- For detailed guidelines, latest news on COVID19 in Pakistan and daily situation report please visit: <https://www.nih.org.pk/novel-coronavirus-2019-ncov/>
- If you have any queries please contact:

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Toronto
10 March 2020