

## Practical Tips for COVID-19 Prevention

The Lebanese Society of Obstetrics and Gynecology (LSOG) cares for your health and encourages you to be clean and safe amidst the current COVID-19 situation.

**Below are some preventive tips and measures to implement to your daily live.**



### CLEAN YOUR HANDS

- Wash your hands frequently with soap and water for at least 20 seconds
- Use sanitizer (at least 60% alcohol) if water and soap aren't available

### SOCIAL DISTANCING

- Avoid close contact with those who are sick
- Avoid public places and crowds, unless necessary



### COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when coughing or sneezing
- Throw used tissues in the trash

### IF YOU ARE SICK

- Wear a face mask if you are sick
- Practice self-isolation to avoid infecting others



### DISINFECT AND CLEAN

- Clean all common surfaces with soap prior to disinfection
- Disinfect commonly touched surfaces with alcohol solutions

**STAY SAFE**