



Practical Tips for COVID-19 Prevention

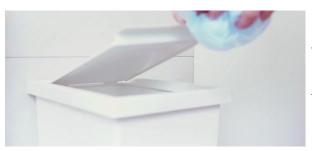
The Lebanese Society of Obstetrics and Gynecology (LSOG) cares for your health and encourages you to be clean and safe amidst the current COVID-19 situation.

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



SOCIAL DISTANCING

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



IF YOU ARE SICK

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



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



COUGHS AND SNEEZES

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



DISINFECT AND CLEAN

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

STAY SAFE