How to Protect yourself and others from the Coronavirus (COVID-19)

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Wash hands regularly with soap and running water or use a 60% or higher alcohol-based sanitizer gel.

Avoid close contact with people who have flu-like symptoms. When coughing or sneezing cover mouth and nose with tissue or flexed elbow.

Wear a mask if you are ill or caring for someone who is sick.

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Avoid touching eyes, nose and mouth. Dispose of contaminated tissue and mask properly in a closed garbage bin.

Ministry of Health and Wellness, Barbados
COVID-19 HOT-LINE: 536-4500