



If you have been travelling in an  
affected country, in the past 14 days  
**AND**  
you have fever, shortness of breath  
and/or cough, please  
**DO NOT GO TO EMERGENCY,**  
**HEALTH CENTRES OR PRIVATE CLINICS**  
**AND**  
**CALL THE PUBLIC HEALTH**  
**HELPLINE 111**

# Are you making an effort not to touch your face?



**Avoid touching  
your eyes, nose  
and mouth**

## How many times did you wash your hands today?



Wash your hands regularly with soap and water for at least 20 seconds, or with an alcohol-based hand rub

# COVID-19

CORONAVIRUS



Clean and disinfect frequently touched surfaces regularly



Wash your hands after touching doorknobs, handrails, keyboards etc.

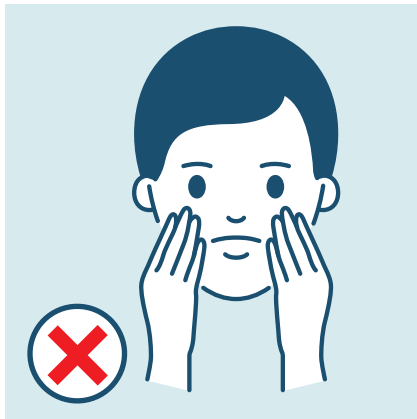


Health Promotion & Disease  
Prevention Directorate

COVID-19  
**HELPLINE 111**



**Hands down!!  
Make an effort not to touch  
your face.**



**Avoid touching  
your eyes, nose  
and mouth**



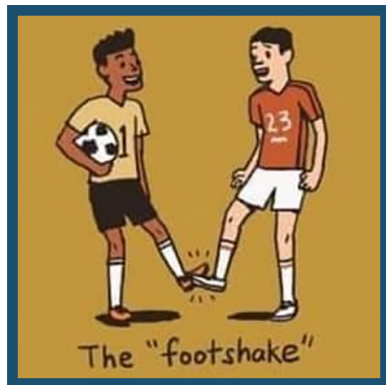
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**AVOID** all hand shakes!  
Do an 'elbow' or  
a 'footshake'.





**Due to an increased demand for information on COVID-19 following the recent developments, we reassure the public we are doing our best to answer all calls.**

**Please visit our website for any answers to frequently asked questions on health related queries.**

**[www.covid19health.gov.mt](http://www.covid19health.gov.mt)**





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