



A selection  
of helpful  
**GUIDELINES**  
**ON**  
**COVID-19**  
Let's fight this together



**AFRICA**  
**FEDERATION**  
KHOJA SHIA ITHNA-ASHERI JAMAATS



Frequently **wash your hands**  
and **use hand sanitiser.**





**Wash your fruits**  
and **vegetables** before  
**consumption**





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





Avoid **person to person** contact, such as shaking hands. Keep **1 meter** distance between yourself and other people.





Avoid **contact** with  
anyone who is **unwell.**





Avoid **busy, crowded**  
public spaces and group gatherings.





Keep the **area** and **surfaces**  
around you clean







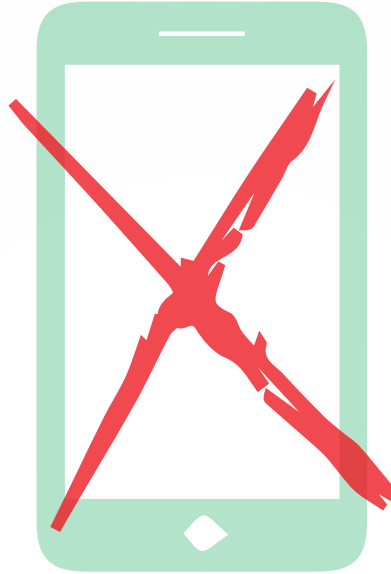
**Cough** or **sneeze**  
into your elbow or a **tissue**.  
Discard the tissue **immediately**.





If you feel **unwell**  
with **flu-like** symptoms,  
**do not go to work**





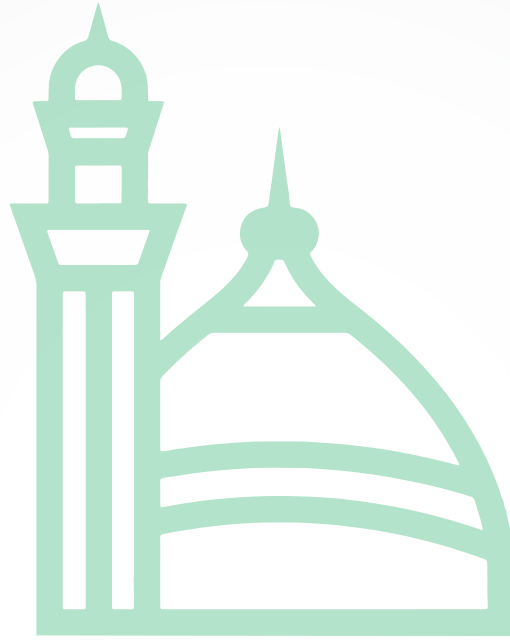
Avoid **misinformation**  
on social media.





If you develop **symptoms**  
of **COVID-19**, contact your  
normal **healthcare provider**  
for advice.





Contact your **local jamaat**  
**medical board** incase of  
an **emergency.**

