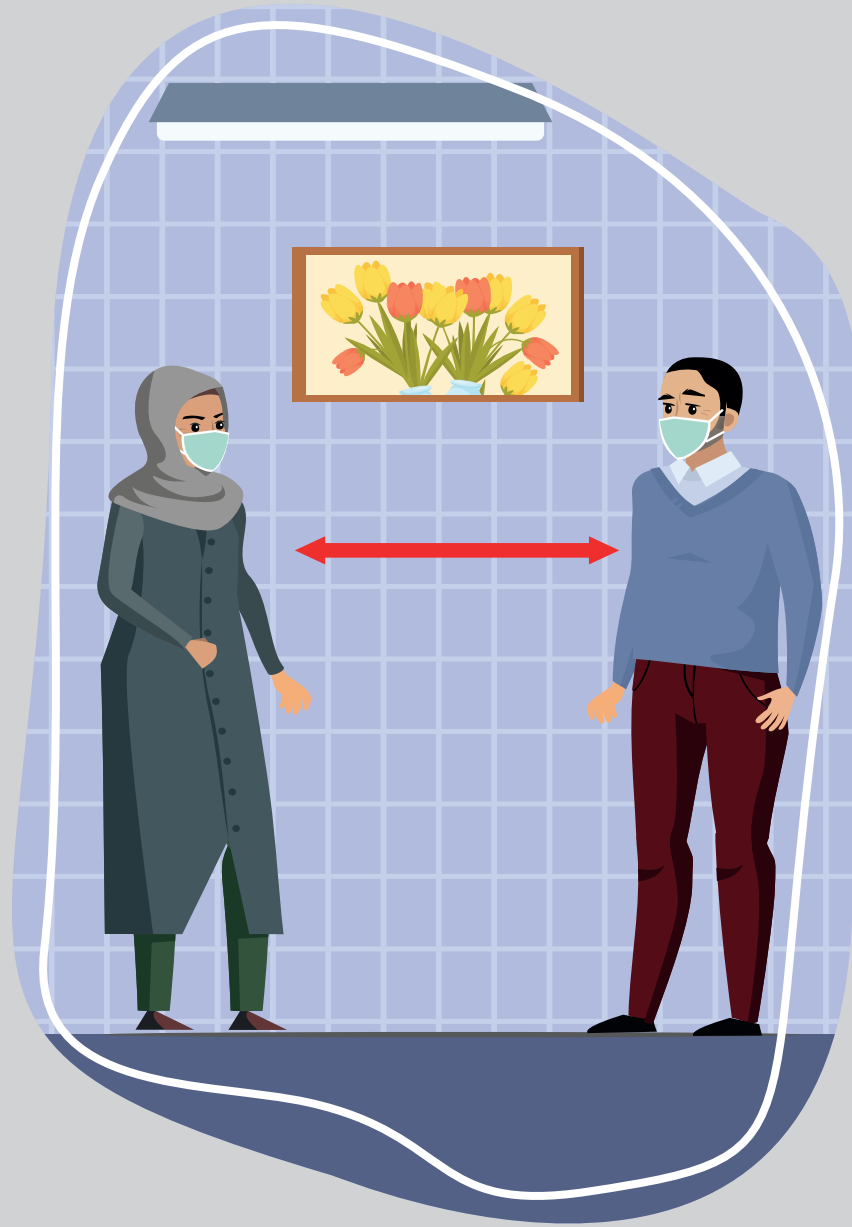


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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

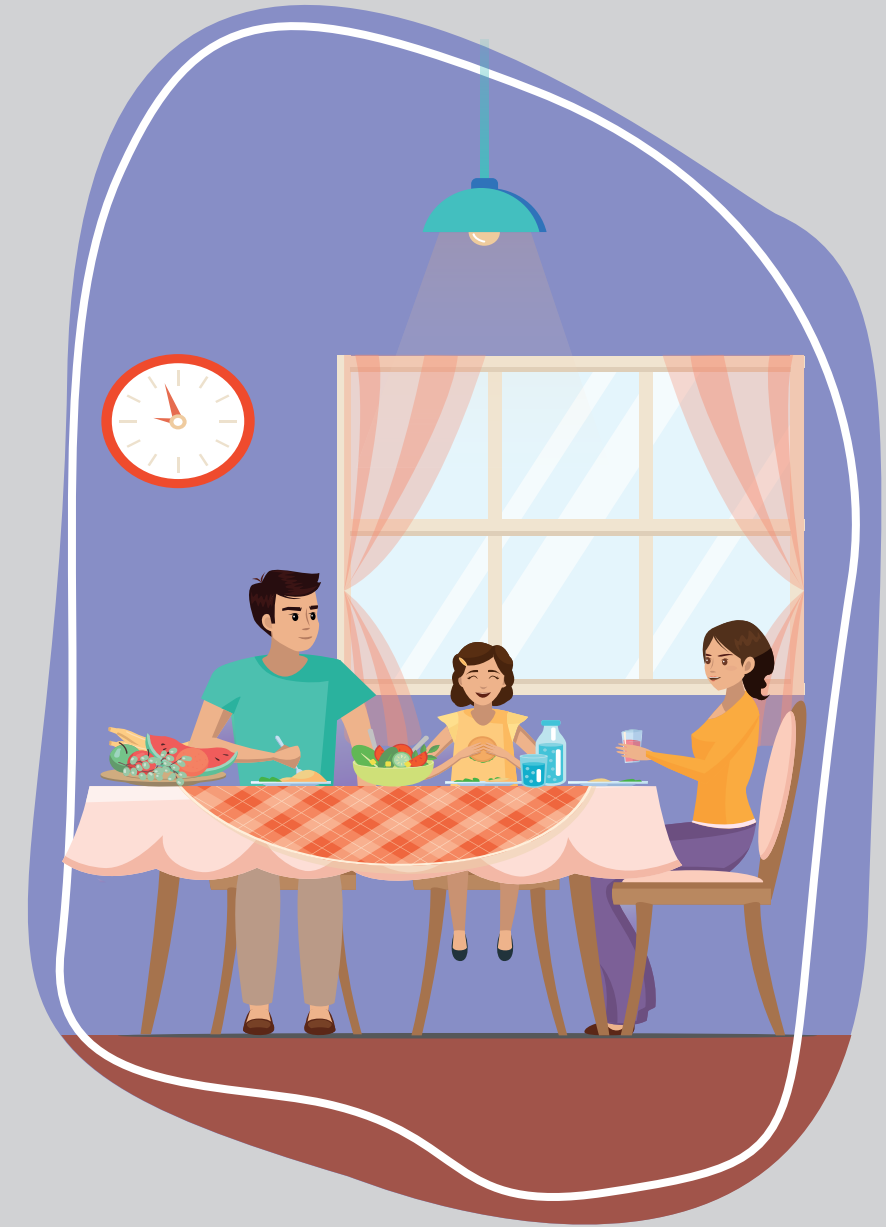
# LET'S JOIN FORCES TO OVERCOME THE COVID-19 PANDEMIC



Wash your hands frequently with soap and water, rubbing them together for at least 20 seconds each time.



Keep a social distance of 1.5 meters from others. Wear a mask and wear it properly.



Drink plenty of fluids, maintain a healthy diet, and practice healthy sleep habits.



Avoid close physical contact with others such as handshaking and hugging.



Avoid sharing personal items such as towels.



Contact a healthcare facility if you have a fever, cough, and difficulty breathing.



**GET VACCINATED**  
PROTECT YOURSELF AND YOUR LOVED ONES

**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest Migrant Health Centre for more information and support.