

## PETLAS SOCIAL MEDIA POSTS 2020



















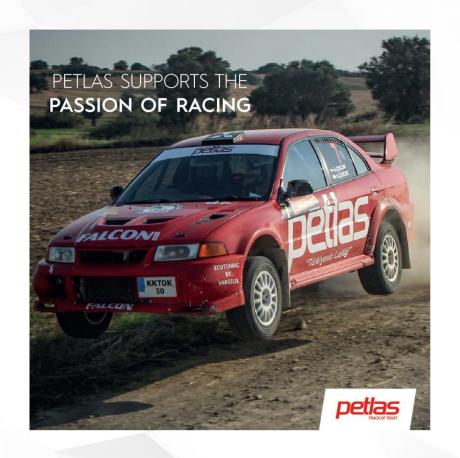








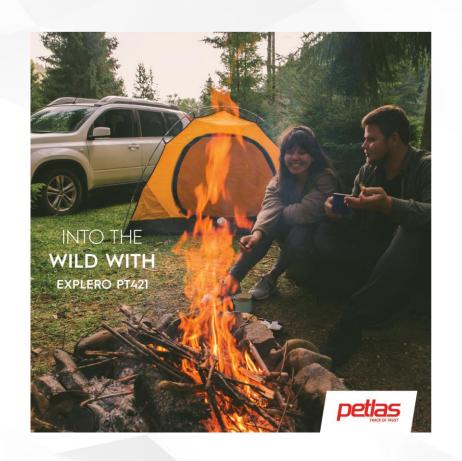








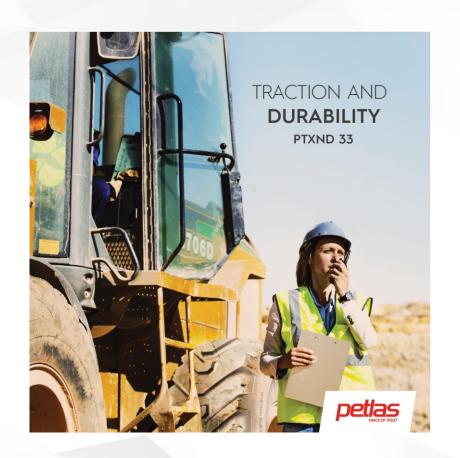








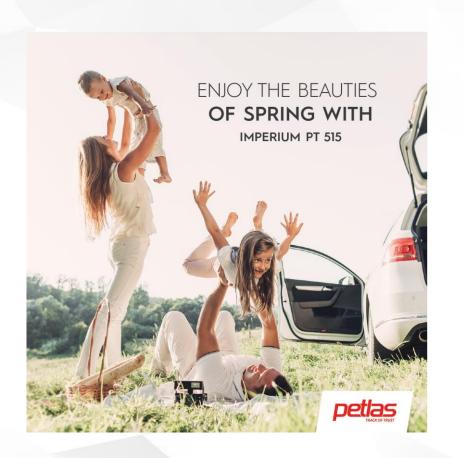




























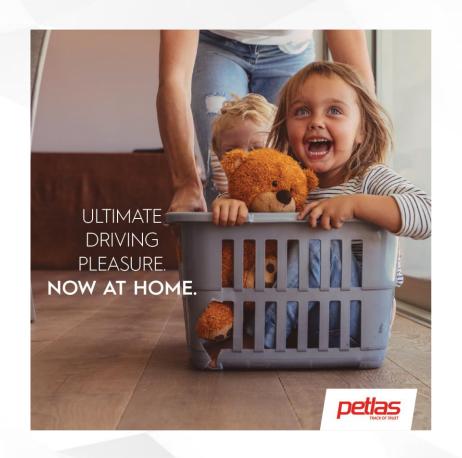


























## STEPS TO TAKE AGAINST THE RISK OF CORONAVIRUS



Wash your hands frequently with soap and water for at least 20 seconds.



Stay at least 3-4 steps away from people, who show signs of a cold.



Close your mouth and nose with disposable wipes, when you cough or sneeze. If there is no wipe, use the inside part of your elbow.



Avoid close contact like handshaking or hugging.



Do no touch your eyes, mouth and nose with your hands.



Cancel or postpone your travels abroad.



Stay at home in the first 14 days within the return from abroad.



Ventilate your present environments frequently.



Wash your clothes with usual detergent at 60-90°C.



Clean the surfaces used frequently such as door handles, taps, sinks with water and detergent daily.



If you have cold symptoms, do not contact elderly people and those with chronic diseases, do not go out without wearing a mask



Do not use your personal belongings such as towels with others.



Drink plenty of water, have a balanced diet, pay attention to your sleep patterns



If you have high fever, cough and shortness of breath, contact medical personnel with a mask on your face. "Source: Ministry of Health Turkey"



## **#StayAtHome**



































