

Protect yourself and others from COVID-19

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work.

Know your risk, lower your risk!

Protective measures
Quiz: asses your risk of getting COVID-19 https://extranet.who.int/dataformv3/index.php/641777?lang=en <ul style="list-style-type: none"> • Type of product: quiz • Audience: General public • Description: 10 question quiz helps people assess their risk of getting COVID-19 and provides tips to reduce their risk • Date: Published in Jan. 2021
Basic precautions to help people reduce their risk: https://youtu.be/7egUec9i8gc <ul style="list-style-type: none"> • Type of product: animation • Duration: 30 sec • Audience: General public • Description: The animation explains 6 basic protective measures - wear a mask, clean hands regularly, keep physical distance, cough and sneeze safely and open a window - that people can take to reduce their risk of contracting COVID-19. • Date: Published at the end of 2020
Three factors to consider in people's daily life and help to reduce risk: https://www.youtube.com/watch?v=p3pc9S2JwYo <ul style="list-style-type: none"> • Type of product: animation • Duration: 60 sec • Audience: General public • Description: The animation explains how location, proximity and time can help people make safer choices in their daily life when they're in an area of widespread COVID-19 transmission. • Date: Published in Nov. 2020
Preventing COVID-19 in your workplace or while teleworking: https://www.youtube.com/watch?v=8dIUqIMDkR4 <ul style="list-style-type: none"> • Type of product: animation • Duration: 1 min 30 sec • Audience: General public • Description: There are simple things people can do to keep themselves, their colleagues at work and family members protected from COVID-19. This animation explains how to prevent COVID-19 in workplace or while teleworking. • Date: Published in Apr. 2020
COVID-19 – Basic measures to protect yourself and everyone else https://www.youtube.com/watch?v=qRp6CkUi9Ic

- **Type of product:** video
- **Duration:** 41 sec
- **Audience:** General public, children
- **Description:** The animation explains how children can protect themselves in daily life
- **Date:** Published in Apr. 2020

7 STEPS TO PREVENT THE SPREAD OF THE VIRUS

https://www.facebook.com/154163327962392/videos/755851514990673/?so=channel_tab&rv=all_videos_card

- **Type of product:** animation
- **Duration:** 30 sec
- **Audience:** General public
- **Description:** The animation explains 7 basic precautions people can do to protect themselves and others
- **Date:** Published in March. 2020, updated in Aug. 2020

Q&As: Working in hotels and other accommodation establishments

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-working-in-hotels>

Q&As: Staying in hotels and other accommodation establishments

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-staying-at-hotels-and-accommodation-establishments>

Q&As: Food and nutrition

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-food-safety-and-nutrition>

Q&As: Travel advice

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-travel-advice-for-the-general-public>

COVID-19 Transmission

How is COVID-19 spread and how do you protect yourself?

<https://www.youtube.com/watch?v=1APwq1df6Mw>

- **Type of product:** animation
- **Duration:** 1 min 30 sec
- **Audience:** General public
- **Description:** This animation explains what COVID-19 is and the mode of transmission. It's an infectious disease caused by a new coronavirus introduced to humans for the first time. It is spread from person to person mainly through the droplets produced when an infected person speaks, coughs or sneezes.
- **Date:** Published in Feb. 2020.

Q&As: Basics on COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19>

Q&As: How is COVID-19 transmitted

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-how-is-it-transmitted>

Q&As: Ventilation and air conditioning

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-ventilation-and-air-conditioning>

Q&As: Ventilation and air conditioning in public spaces and buildings

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-ventilation-and-air-conditioning-in-public-spaces-and-buildings>

COVID-19 symptoms and flu

How to protect yourself from COVID-19, flu and cold: https://www.youtube.com/watch?v=VK_d0Bt-ApY

- **Type of product:** animation
- **Duration:** 1 min 38 sec
- **Audience:** General public, people who have symptoms
- **Description:** The animation explains what symptoms people might have during flu season, what to do if someone develops symptoms and the tipping points for medical care.
- **Date:** Published in Dec. 2020.

COVID-19 Symptoms:

<https://www.facebook.com/WHO/photos/a.167668209945237/3745355735509782/?type=3>

- **Type of product:** infographic
- **Audience:** General public, people who have symptoms
- **Description of the product:** The graphic explains what COVID-19 common symptoms, what to do if someone develops symptoms and the tipping points for medical care.
- **Date:** Published in Nov. 2020

Contact tracing and breaking the chains of transmission

How does contact tracing work: <https://youtu.be/uacIvunMMcM>

- **Type of product:** animation
- **Duration:** 1 min 50 sec
- **Audience:** General public
- **Description:** The animation explains how contact tracing works, why it is important and how people can help stop COVID-19 by participating in contact tracing.
- **Date:** Published in Aug. 2020

How to break the chains of transmission: <https://youtu.be/CmaA00M4kNI>

- **Type of product:** animation
- **Duration:** 1 min 30 sec
- **Audience:** General public
- **Description:** The animation explains what people can do to break the chains of transmission and protect each other
- **Date:** Published in July. 2020

Q&As: contact tracing

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-contact-tracing>

All about masks in the context of COVID-19

Masks should be used as part of a comprehensive strategy of measures to suppress transmission and save lives; the use of a mask alone is not sufficient to provide an adequate level of protection against COVID-19.

If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work.

Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal of masks are essential to make them as effective as possible.

General mask information
Q&As on masks https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-masks
Q&As on children and masks https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-children-and-masks-related-to-covid-19
When to wear a mask indoors https://www.instagram.com/p/CIgUSORoTI6/?igshid=1q746mpp7o416 <ul style="list-style-type: none"> • Type of product: animation • Duration: 30 sec • Audience: General public • Description: The animation explains when to wear a mask in indoor settings, considering the indoor ventilation situation • Date: Published in Dec. 2020
How to properly fit your mask https://www.instagram.com/p/CIX7_aNoVVM/?igshid=5k537v9qdnge <ul style="list-style-type: none"> • Type of product: animation • Duration: 30 sec • Audience: General public • Description of the product: The animation explains how to fit the mask properly to the face • Date: Published in Dec. 2020
When and how children should wear a mask https://youtu.be/UmUxYGKA7as <ul style="list-style-type: none"> • Type of product: animation • Duration: 1min 52sec • Audience: General public • Description of the product: The animation explains which children should wear a mask and how they should wear a mask safely

<ul style="list-style-type: none"> • Date: Published in Oct. 2020
<p>How to wear a fabric mask safely: https://youtu.be/9Tv2BVN_WTk</p> <ul style="list-style-type: none"> • Type of product: animation • Duration: 2 min 9 sec • Audience: General public • Description of the product: The animation explains how people can wear a fabric mask safely when needed and how to wash it properly. • Date: Published in Jul. 2020
<p>Who wears what mask, when and where (out of date, to be taken down): https://www.facebook.com/watch/?v=285139725961439</p> <ul style="list-style-type: none"> • Type of product: animation • Duration: 30sec • Audience: General public • Description of the product: The animation explains who wears what mask, when and where to wear a mask • Date: Published in Jun. 2020
<p>Mask do's and don'ts https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks</p> <ul style="list-style-type: none"> • Type of product: series of infographics • Audience: General public • Description of the product: a series of infographics to explain step-by-step how to wear a mask, including medical mask, fabric mask and how children should wear a mask • Date: Published in 2020