

## **Every person is a soldier** preventing and fighting epidemic













Wash your hands often with soap or disinfectant solution.

Keep a minimum distance of 2m from people around.

Only leave your house when it is really necessary, giving priority to online and home working.







People over 60 need to stay at home all the time.





Restrict yourself to health facilities unless absolutely necessary.











Restrict traveling from Ho Chi Minh City to other regions.

Do not share, spread unverified information, misinformation.

Enhance supplementing nutrition, exercise, improve health.









Should use fan system, open doors and windows for ventilation. Regularly clean your place of residence, workplace and personal belongings.

Must wear a mask in public places and workplace.

