



DON'T PUT OFF NECESSARY MEDICAL APPOINTMENTS



Life has to continue even where COVID-19 is spreading.

Here's how to stay safe.



REDUCE YOUR RISK

Call to check if a phone or telemedicine consultation is possible and appropriate. If not, schedule your appointment in advance.

BEFORE YOU GO OUT



Always check on local regulations.



Bring sanitizer and wear your mask.



If you are in a high-risk group, wear a medical mask.



WHILE WAITING FOR YOUR APPOINTMENT

Avoid crowded settings, maintain physical distance or ask to sit in a less crowded space.



REMEMBER, **IT'S ALWAYS SAFER TO**



**KNOW YOUR RISK.
LOWER YOUR RISK.**



World Health
Organization