

## **World Health Organization recommendations during the COVID-19 pandemic:**

- Regularly washing your hands and using antiseptic offer more protection against catching COVID-19 than wearing rubber gloves. The pandemic will pass, but the garbage will remain.
- You need to use the mask if you are coughing or sneezing. If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.
- If you can't get medical mask or care also about environment, you can also handmade mask making a mask from gauze, folding it into 16-32 layers. The main thing is to change the mask after a few hours or earlier if it becomes wet. To use the mask repeatedly, it needs to be boiled, and then ironed with an iron.
- Virus can be shared not only from direct communication. (Researchers from the National Institutes of Health, the Centers for Disease Control and Prevention, University of California, Los Angeles and Princeton University have studied on which surfaces the virus lives the longest). The virus remains active for four hours on copper, a day on cardboard, and on plastic and stainless steel - up to three days. It's better to wipe the packaging of all purchased goods with soap and water, even if they were delivered to your home.
- Those of you who got more free time then better could use it smarter by cooking healthier, continuing doing exercises at home or to have an occasion to take things apart in cabinets and put aside those that you will no longer using. They can be given to charitable organizations (after washing).