

#Together #We Care

ITGA
International Tobacco Growers' Association

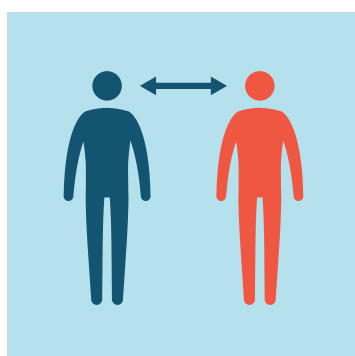
COVID-19 Tobacco Growers' Hub



Handwashing

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Maintain Social Distancing

Maintain at least 1-meter (3 feet) distance between yourself and anyone who is coughing or sneezing.



Avoid touching eyes, nose and mouth with unwashed hands



Practice respiratory hygiene

Cough or sneeze into elbow sleeve

Dispose of tissues in garbage cans



Clean and disinfect frequently touched objects and surfaces



If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.