Corona virus disease (COVID-19) is caused by Novel Coronavirus that leads to cough, fever or difficulty in breathing. The frontline workers in the HIV programme are among the people braving COVID-19 putting their lives on the line to help others. Those who are engaged in providing essential services in the fight against COVID-19 deserve our gratitude. Please take the following steps to protect yourself and others from COVID-19:

**Cover your face with a mask/home-made mask when around people**

**Wash your hands frequently with soap and water or use sanitizer**

**Keep distance and avoid close contact with anyone with fever, cough or breathing difficulties**

**When coughing or sneezing cover your mouth and nose with flexed elbow or handkerchief**

**Avoid spitting in public as droplets can increase the spread of the virus**

**If you have fever, cough and difficulty in breathing or contact with suspected or confirmed COVID-19 patient, seek medical care from your nearest health facility and immediately avoid close contact with anyone**