Everyone should be informed of the facts of COVID-19. We are all in this together.

**MYTH**
COVID-19 only affects people from urban areas.

**FACT**
Anyone can get infected by COVID-19, no matter where they live, whether in urban or rural areas. Everyone should therefore take steps to protect themselves from the virus.

We protect each other by: practicing physical distancing, staying at home (if you don’t feel well)

- Frequent handwashing with soap for at least 20 seconds
- Wearing a cloth covering over our nose and mouth in public places
- Coughing or sneezing into your elbow
- Practice physical distancing by maintaining 1 metre distance between you and others
- Avoid touching your eyes, nose and mouth
- Stay at home if you feel sick