

EMBASSY OF PAKISTAN
BRUSSELS

PRECAUTIONARY MEASURES
FOR COVID-19

March 12, 2020

Precautionary Measures for COVID-19

Everybody should apply the following precautionary/hygiene measures:

- (i) Wash your hands regularly with soap and water or use hand sanitizer on regular basis.
- (ii) Sneeze and blow your nose in a tissue or handkerchief. Use each tissue only once and dispose it immediately in a covered rubbish bin.
- (iii) If you don't have a tissue, sneeze or cough into your elbow.
- (iv) Keep a distance of at least 3 feet from affected persons.
- (v) Don't share towels, utensils and other daily use items.
- (vi) Avoid touching your face.
- (vii) Use mask and gloves at public places and change them after every 6 hours.
- (viii) Stay at home if you are ill.
- (ix) Conscientiously respect basic hygiene measures.
- (x) Avoid going to places where there are many fragile people or people at risk.*
- (xi) Avoid large gatherings in any closed area.
- (xii) Avoid attending indoor events of more than 100 people.
- (xiii) Immediately contact the emergency numbers in case of any of the symptoms, including coughing, sneezing, flu, fever and breathlessness.

* People over 65 years of age, people with diabetes, with heart, lung or kidney disease, children less than 6 months old, pregnant women and people with weakened immune systems

Important contact numbers

Covid-19 hotline of Belgian Foreign Office Protocol Directorate	02/5018282
FPS Health	080014689
Emergency/Medical Emergency	112
Police Emergency	101
Ambulance/Fire Service	100
Municipality Watermael	02/26747411
Municipality Woluwe Saint Pierre	02/7730511