

XU FENG JIA | Precautions That Helps You TO Avoid the Coronavirus

Singapore, Apr 12, 2020 ([Issuewire.com](https://www.issuewire.com)) - We are faced today with a global pandemic – the coronavirus. This highly infectious disease has put a toll on all of our daily lives. It has affected our day to day routine, from going to work, going to school, to even seeing our family and friends. Suddenly, our normal life has become the reason for its widespread. Albeit, these circumstances, [Xu Feng Jia](#) feels that we still have options for us to win and heal as one.

In the previous global pandemics that the world has seen, this has always been the motto, "prevention is better than cure". The same applies to COVID-19. Thus, we can all practice some precautionary measures to avoid spreading the disease furthermore.

[Xu Feng Jia](#) has recommended the following tips which are useful to help you avoid getting in contact with the virus:

1) Washing Your Hands Frequently: It is one of the best practices to avoid the contraction of the virus, as per the advice of the World Health Organization. Make sure to wash your hands thoroughly for at least 30 seconds, with the use of soap and water or alcohol-based hand sanitizer. [Xu Feng Jia](#) says, avoid touching your eyes, nose, and mouth with unwashed hands.

2) Maintain Social Distancing At All Times: The route of transmission of the coronavirus is through droplets. Thus it is advised that we maintain social distancing of at least 3ft or 1 metre from each other. [u Feng Jia](#) advice that this highly applies when we are out in public, especially in enclosed areas – like in the supermarkets, public transportations, banks, or any place that is crowded.

3) Practice Respiratory Hygiene: Cover your mouth and nose, bent your elbow, or use a tissue when you sneeze or cough. [Xu Feng Jia](#) advice for you to immediately throw the tissue after you use it. You can also use a face mask, especially if you are out in public.

4) Stay At Home: Staying at home as much as possible, is probably one of the best practices that we can do to help flatten the curve. If we stop moving, so does the virus. This will lessen our exposure and prevent it from spreading furthermore. [Xu Feng Jia](#) suggests that if it is not urgent and unnecessary, we must stay within our homes at all times.

We are all scared, anxious, and concerned with everything that's been happening because of this pandemic, but we can all help by protecting ourselves first. As long as we practice all the precautionary measures, we will be able to beat this and go back to our normal lives.

Media Contact

Xu Feng Jia

xufengjia@issuewire.com

Source : Xu Feng Jia

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