Trinidad and Tobago COVID-19 (Nova...
The public is also strongly advised to take the following personal hygiene measures to protect themselves and their loved ones from COVID-19:

- Cover your nose and mouth with a tissue when you cough or sneeze
  o Dispose of tissue immediately after using
  o Cough and sneeze into the crook of your elbow if you do not have a tissue
- Stay home if you are ill
- Sanitize hard surfaces (e.g. table tops, handrails, doorknobs and trolleys) as often as possible.
- Avoid close contact with people who have flu-like symptoms
- Practise social distancing
  o Maintain at least 2 metres (approximately 6 feet) distance between yourself and others, especially anyone who is coughing or showing signs of flu-like illness.

It is also advised that all public transportation vehicles should operate with windows open and limit their occupancy.

The Ministry will continue to provide accurate information to the public in a timely fashion. The public is therefore urged to disregard and avoid sharing all unconfirmed, misleading and/or false information about COVID-19 (formerly Novel Coronavirus).

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