

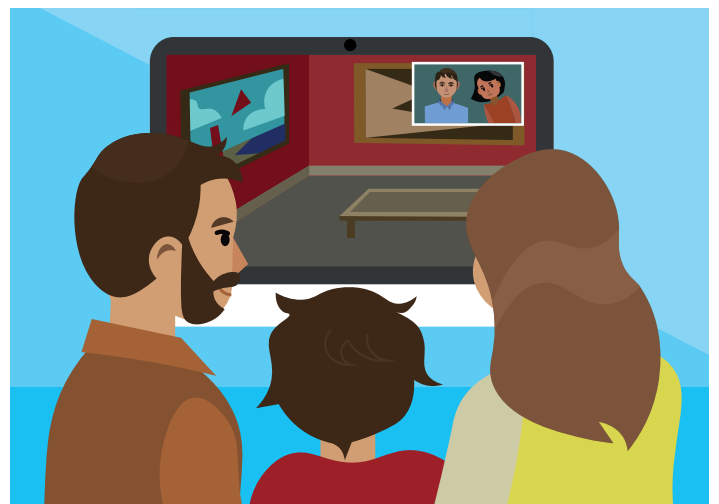
#COVID19
#coronavirus

Stay safe and healthy during Eid al Fitr

This year our Eid celebration will look a bit different. We understand you may feel tired, upset, or sad about this. We thank you for keeping yourself and your loved ones safe and healthy. **Together, we will get through this pandemic.**



HEALTH ADVICE The main health advice is the same: wash your hands, keep your distance, cover your cough and sneeze with a bent elbow or tissue. If you feel sick (dry cough, fever, shortness of breath) please stay at home as much as possible and wear a mask if you must go out.



TRAVEL ALTERNATIVES Instead of taking a trip, stay connected with friends and family via group video calls. You can also take other activities online: take virtual museum tours or online visits to parks and attractions.



GETTING TOGETHER Celebrating with those you already live with is the safest option. If you go out in public, always follow recommendations by your national authorities and keep at least 1 metre distance from others. Wash your hands before and after going out.



HEALTHY EATING Eat healthy during the celebration. Balance your diet with enough fruits and vegetables, and eat a healthy amount of salt and fat, including in meat. If you celebrate with people outside of your household, keep at least one metre distance.