KEEP CALM AND USE MOBILE & ONLINE BANKING
**What are the Symptoms?**
**Corona Virus (COVID-19)**

COVID-19 is a new respiratory illness that can easily be spread from person to person.

The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.

These droplets land on objects and surfaces around the person. Other people can then catch the disease by touching these objects or surfaces, then touching their eyes, nose or mouth.

The main symptoms may appear between two to 14 days after exposure.

Seek medical advise if you develop a combination of these three symptoms or are exposed to a person with these symptoms.

Know the Signs! Early detection and treatment can contribute greatly to survival of the patient.

Sources: Kenya Ministry of Health, Centers for Disease Control and Prevention (CDC)
Are Your Hands Clean?

Only one in 3 adults wash their hands after coughing or sneezing.

Germs can thrive up to 48 hours on some surfaces so keep your hands clean at all times to prevent the spread of diseases!

Wash your hands using soap and running water often for 20 seconds.

Dry hands thoroughly with a clean towel.

Use hand sanitiser and rub your hands together until dry.
Avoid Germs, Go Digital!

Remember to wash your hands or use an alcohol-based sanitizer after you visit a bank branch, use an ATM machine or POS device.

Banks invest in mobile and online banking platforms which are convenient and available 24 hours a day, seven days a week. Save a trip to the bank and use digital banking platforms!

#KeepCalmGoDigitalBanking
Go Digital Banking!

We pass money around more than we shake hands! Paper bills can contain bacteria and viruses that can lead to the spread of disease. Wash your hands carefully after handling money.

Better yet, use the various mobile and online banking solutions you have available to you 24 hours a day, seven days a week.

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