



PROTECT YOURSELF AND YOUR LOVED ONES FROM CORONAVIRUS



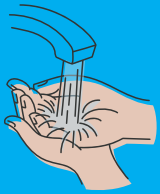
Your hands may seem clean, but they have many germs that you can't see



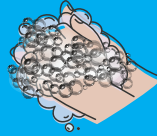
Washing your hands with water only is not enough



The best practice is to wash your hands with water and soap many times a day



Step 1: Wet hands with running water



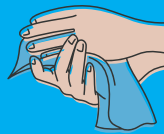
Step 2: Apply enough soap to your hands



Step 3: Scrub all surfaces of the hands— including back of hands, between fingers and under nails – for at least 20 seconds.



Step 4: Rinse thoroughly with running water



Step 5: Dry hands with a clean cloth or single-use towel

Remember: Wash your hands often, especially before eating; after blowing your nose, coughing, or sneezing; and going to the bathroom.



● Cover your mouth and nose using your elbow when coughing or sneezing

● Or if you use a tissue, then throw it in the bin immediately after

● Keep a distance from anyone coughing or sneezing

● Alert your parents or teacher if you have a fever, cough or difficulty breathing

