



# Handwashing 101

Proper hygiene stops the spread of the virus.



*Source:*

*World Health Organization*

**01**

Wet your hands before applying soap.



**02**

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers and the finger tips and nails.



**03**

**Wash your hands for at least 20 seconds.**



**04**

Wipe your hands with a clean towel or paper towel







# How to use a mask?

Source: World Health Organization



## Before Putting on a Mask:

Clean hands with alcohol-based hand rub or soap and water.

## While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**



## To dispose of the mask:

1. Remove the mask from behind using the strings. **Do not touch the front of mask.**
2. Discard the mask **immediately** in a closed bin.
3. **Clean hands** with alcohol-based hand rub or soap and water.



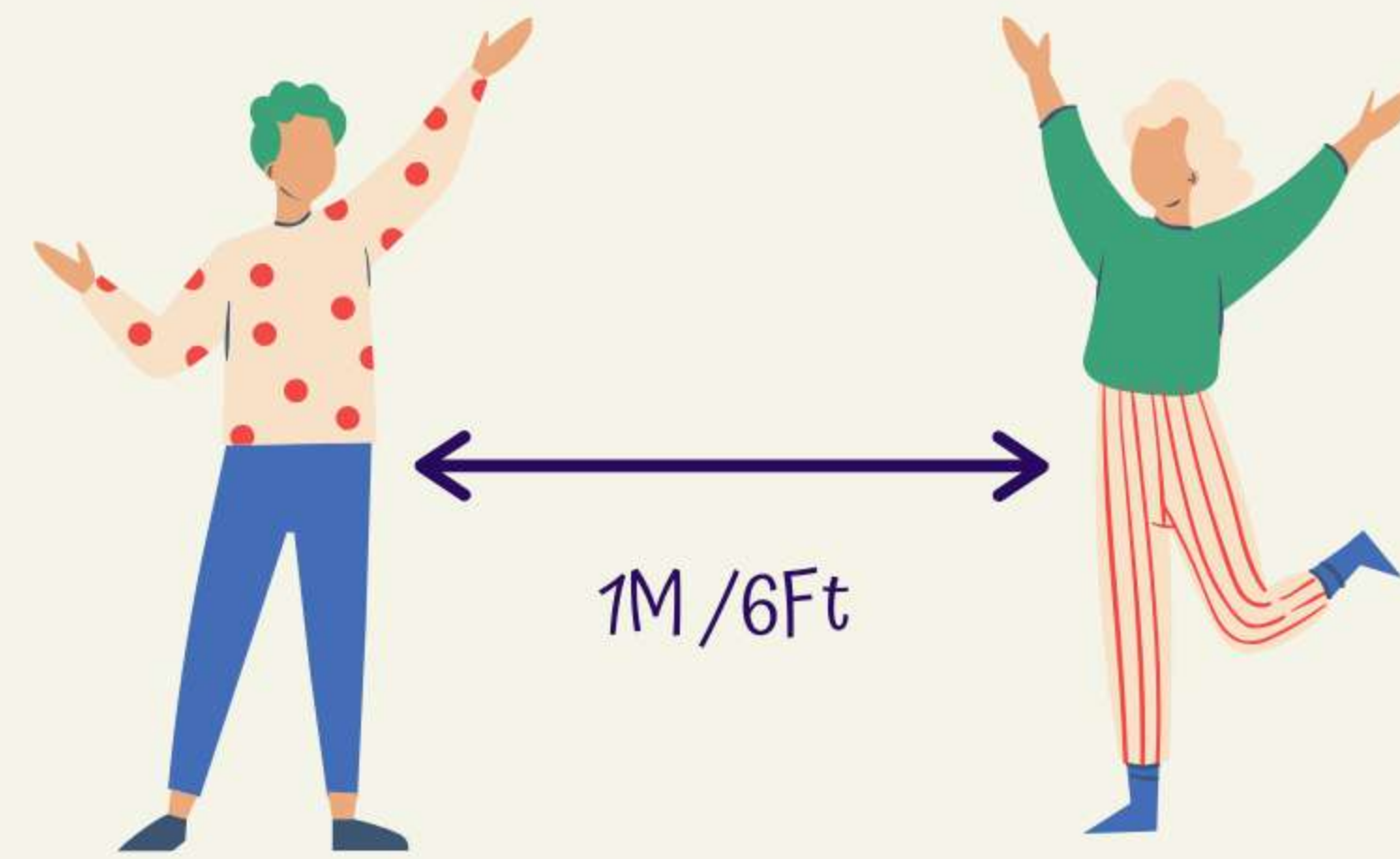


# STOP THE SPREAD



## WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



## MAINTAIN PHYSICAL DISTANCING

Maintain at least 1 meters (6 feet) distance between yourself and anyone who is coughing or sneezing.



## AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



## IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.