We protect

OURSELVES !

It's that easy:

Wash your hands

- ✓ Wet hands with running water
- ✓ Apply enough soap to cover wet hands
- ✓ Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds.
- ✓ Rinse thoroughly with running water
- ✓ Dry hands with a clean cloth or single-use towel

safety checked

Coronavirus **COVID-19**

When should I wash my hands?

For **COVID-19** prevention, you should make sure to wash your hands ...

- ✓ After blowing your nose, coughing or sneezing
- ✓ After visiting a public space, including public transportation, markets and places of worship
- ✓ After touching surfaces outside of the home, including money
- ✓ Before and after eating

In general, you should always wash your hands at the following times:

- ✓ After using the toilet
- ✓ Before and after eating
- ✓ After handling garbage
- ✓ After touching animals and pets
- ✓ After changing babies' diapers or helping children use the toilet
- ✓ When your hands are visibly dirty

How else can I help stop the spread of the coronavirus?

- ✓ Use proper sneezing and coughing etiquette: Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing, dispose of used tissue immediately, and wash your hands
- ✓ Avoid touching your face (mouth, nose, eyes)
- ✓ Practice social distancing: Avoiding shaking hands, hugging or kissing people, sharing food, utensils, cups and towels
- ✓ Avoid close contact with anyone who has cold or flu-like symptoms
- ✓ Seek medical care early if you or your child has a fever, cough or difficulty breathing
- ✓ Clean surfaces that might have come in touch with the virus, and generally clean surfaces more frequently (especially in public spaces)

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