

General hygiene tips

Keep your hands away from your face

(don't touch your mouth, eyes, nose with unwashed hands)



Cough or sneeze properly

(keep your distance and turn away from others, hold the crook of your arm in front of mouth and nose)



Wash your hands regularly & thoroughly:

How to wash your hands properly



DON'T FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands