

HEALTH PRECAUTIONS

CLEAN HANDS SAVE LIVES



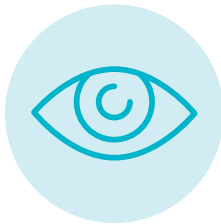
Avoid shaking
hands



Stay home and
avoid contact with
others while sick



Avoid close contact
with people



Avoid touching eyes
and mouth until able
to wash or sanitise
hands



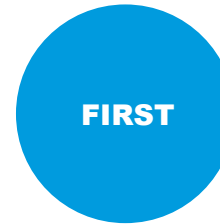
Wash hands with
soap and water for
at least 20 seconds



Use an alcohol
based hand
sanitiser if soap
and water are not
available



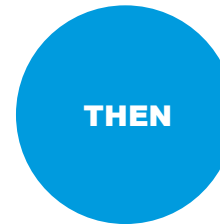
Cough or sneeze
into your arm, use a
tissue, bin the
tissue and wash
your hands



Wet hands



Apply soap



Rub vigorously
for 20 seconds,
covering all
surfaces of
hands and
fingers



Rinse hands with
warm water ...
leave water
running



Dry hands
thoroughly with
hand-dryer or
paper towel if
available



Turn off tap with
a clean paper
towel if available



Clean hands!