
PROTECT US.



WASH YOUR HANDS

Wash your hands with soap & running water when hands are visibly dirty, after coughing or sneezing, when caring for the sick, before & after eating and after toilet use.



USE HAND SANITISER

If your hands are not visibly dirty, frequently clean them by using alcohol based hand rub or soap and water



COVER MOUTH & NOSE

When coughing and sneezing cover mouth and nose with flexed elbow or tissue. Throw tissue into closed bin immediately after use.



STAY HEALTHY

Avoid touching your nose, eyes and mouth with unwashed hands.



PROTECT YOU & OTHERS

Avoid others who are sick and stay at home if you are sick



SEEK MEDICAL CARE EARLY

If you have fever, cough and difficulty breathing seek medical care early.