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# PROTECT US.

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## 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.