

PREVENT THE CORONAVIRUS (COVID-19) BY INTENSIFYING HYGIENE MEASURES!

Wash Your Hands:

1

Before and after eating,
attending to a sick person
and changing diapers.



Before touching objects such as:
cell phones, supermarket carts.

2

3

After you've been outdoors.



After coughing or sneezing.

4

5

Before touching your face.



Remember that hand washing duration
washing duration should be 30
seconds or however long it takes to
sing Happy Birthday twice.

6