



KEEP SAFE AGAINST COVID-19

Protect yourself and others against infections

HOW TO WASH YOUR HANDS

PROTECT YOURSELF & OTHERS AGAINST CORONA VIRUS



WET HANDS AND APPLY SOAP



RUB PALM TO PALM



RUB PALMS WITH FINGERS INTERLACED



SCRUB THE BACK OF YOUR HANDS



CLEAN BASE OF THUMBS



WASH FINGERTIPS AND NAILS



RINSE HANDS WITH WATER



DRY HAND WITH TOWEL



YOUR HANDS ARE NOW CLEAN

RECOMMENDATIONS TO PREVENT THE VIRUS FROM SPREADING

- Cover your mouth and nose when Coughing and sneezing
- Always wear face mask when in public
- Avoid contact with infected persons
- Stay home. Stay Safe. Stay Alive!
- Follow the government directives issued by Ministry of Health

