

**PROTECT YOURSELF
& OTHERS FROM GETTING SICK**

WASH YOUR HANDS



- **After coughing or sneezing**
- **When caring for the sick**
- **Before, during, and after preparing food**
- **Before eating**
- **After toilet use**
- **When hands are visibly dirty**
- **After handling animals or animal waste.**



RE: SOURCES

Information from



**World Health
Organization**

www.who.int

**PROTECT YOURSELF
& OTHERS FROM GETTING SICK**

WASH YOUR HANDS

**Wash your hands with
soap and running
water when hands are
visibly dirty**



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



RE: SOURCES

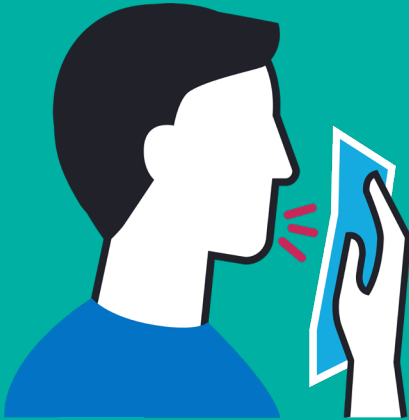
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PROTECT OTHERS FROM GETTING SICK



When coughing and sneezing **cover mouth and nose with flexed elbow or tissue**

Throw tissue into closed bin immediately after use



Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing.