

# HEALTH PRECAUTIONS

# CLEAN HANDS SAVE LIVES



Avoid shaking hands while sick



Avoid hugging or kissing others while sick



Avoid close contact with people and public assemblies while sick



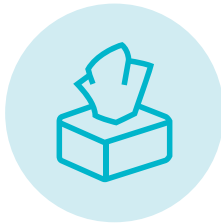
Avoid touching eyes and mouth until able to wash or sanitise hands



Wash hands with soap and water for at least 20 seconds



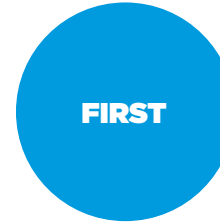
Use an alcohol based hand sanitiser if soap and water are not available



When coughing or sneezing, cover your mouth and nose with a tissue or the inside of your hand



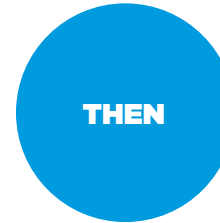
Stay home and avoid contact with others while sick



Wet hands



Apply soap



Rub vigorously for 20 seconds, covering all surfaces of hands and fingers



Rinse hands with warm water ... leave water running



Dry hands thoroughly with hand-dryer or paper towel if available



Turn off tap with a clean paper towel if available



Clean hands!