



Good Hygiene Stops the Spread of Germs

Good respiratory hygiene



Cough or sneeze into a tissue (or your elbow) to cover your nose and mouth.

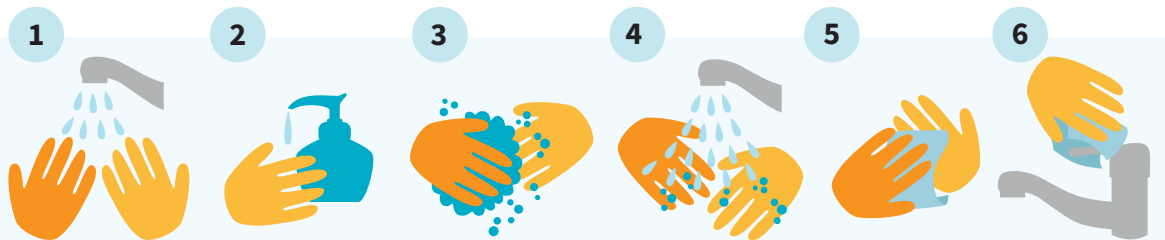


Throw away the used tissue in the garbage.



Clean your hands with soap and water or alcohol-based hand sanitizer.

How to wash your hands



1. Wet your hands with warm running water.
2. Add soap and scrub for 15-20 seconds.
3. Remember to get every part of both hands.

4. Rinse the soap off under running warm water.
5. Dry your hands with a clean towel.
6. Use the towel to turn off the tap.



When soap and water are not available, please use alcohol-based hand sanitizer and rub all parts of your hands for at least 15 seconds.

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