



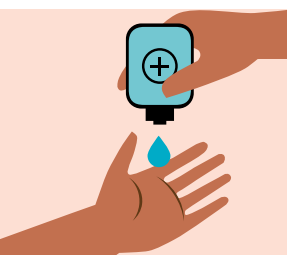
Good Hygiene Stops the Spread of Germs

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.