

Sneezing



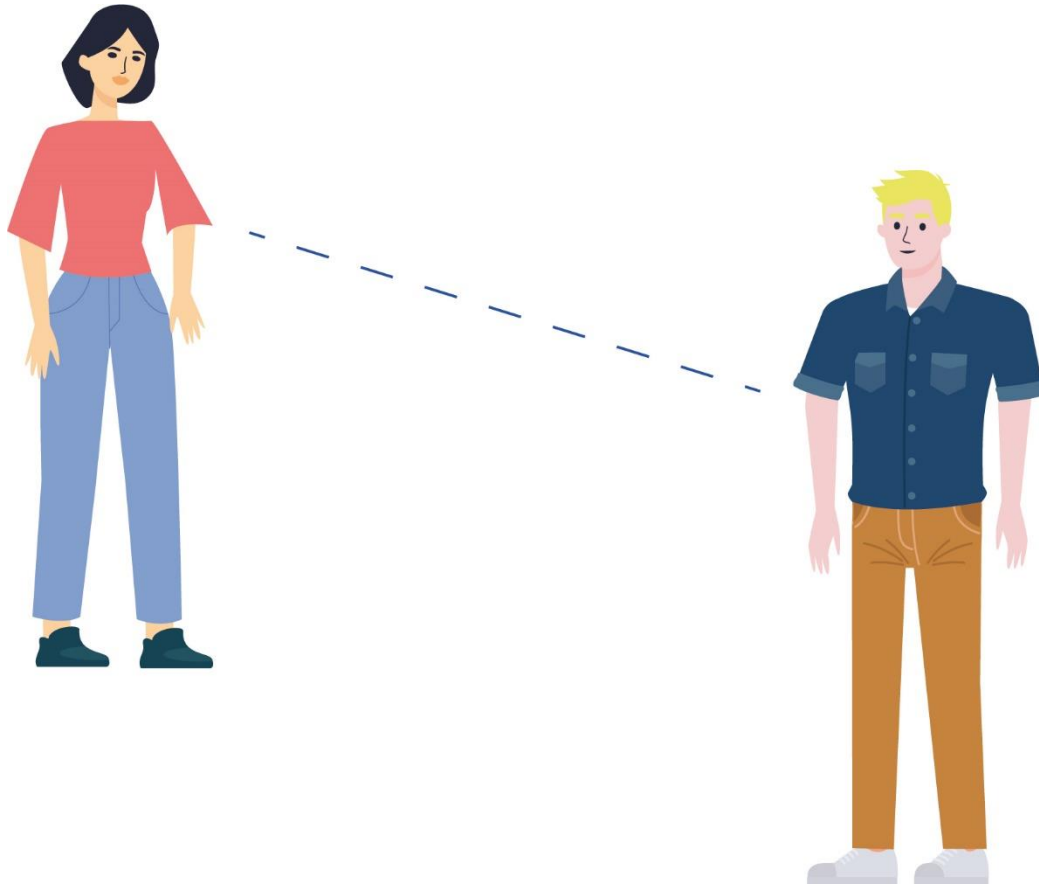
Sneeze into the crook of your elbow or the top of your sleeve.



Sneeze into a tissue. Place used tissue in a covered bin. Wash your

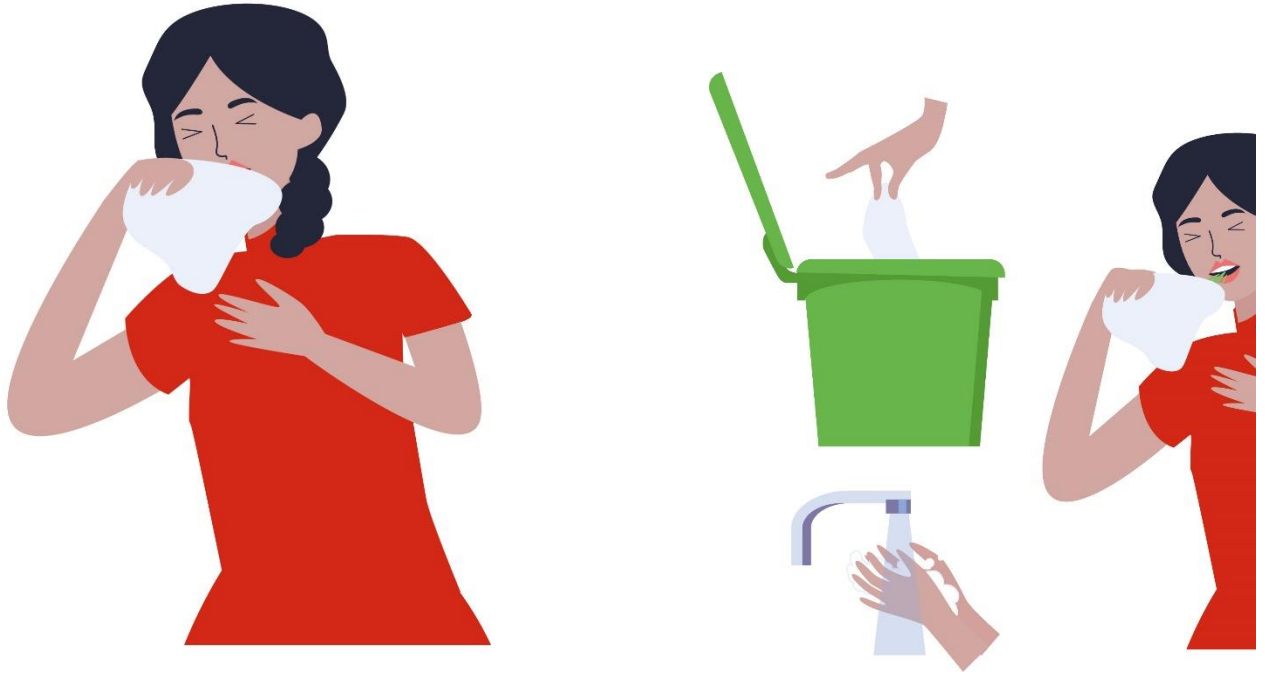


Physical Distancing



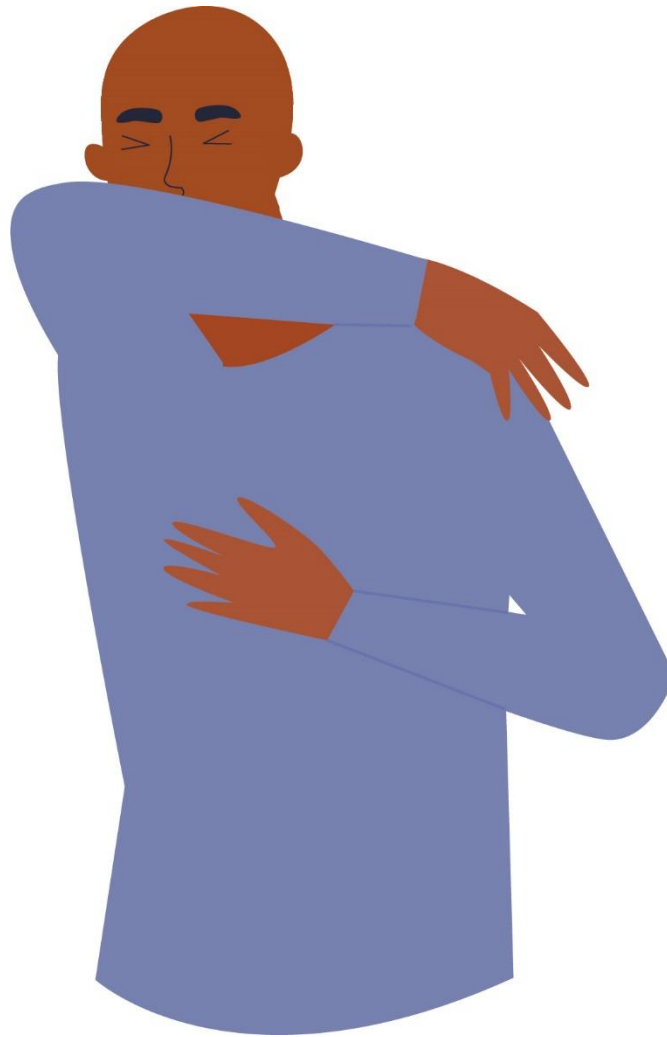
Keep at least 1 meter distance from others. Do not shake hands, hug, kiss or stand too close to others whose COVID-19 status is unknown.

Spitting



Spit into a disposable tissue
and dispose in a covered bin.
Wash your hands with soap.

Coughing



Cough into the crook of your elbow or the top of your sleeve.

Handwashing



Wash with soap for 20 seconds.

Dry hands with towel.

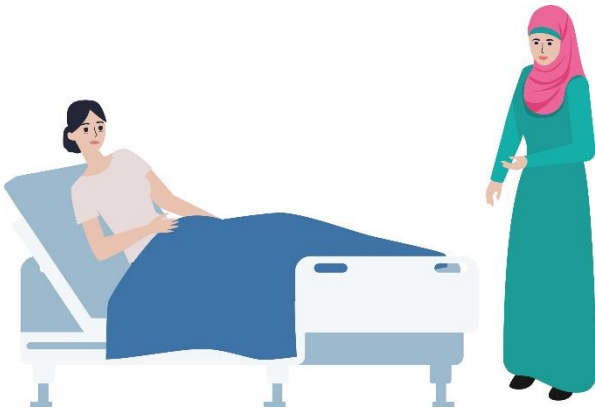
Handwash at Critical Times



Before food preparation
Before eating



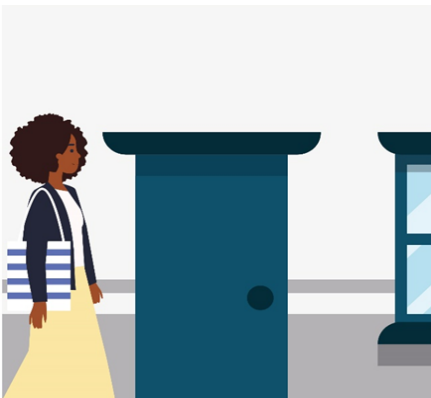
After sneezing or blowing
nose into a tissue.



After caring for sick person



After using toilet



After coming in from outside