

# SIX TIPS TO STOP THE SPREAD OF COVID-19



## WASH HANDS BEFORE AND AFTER USING THE TOILET

Make sure you wash your hands for the recommended 20 seconds after using the toilet

## WASH HANDS BEFORE AND AFTER EATING

Use water and soap to wash your hands for the recommended 20 seconds before and after eating

## AVOID TOUCHING YOUR EYES, NOSE OR MOUTH

COVID-19 is transferred by virus particles that could have come from touching a contaminated surface or from inhaling particles after someone coughs or sneezes. Avoid touching your face to avoid potential transmission

## IF YOU USE A TISSUE, THROW IT IN THE BIN AND WASH YOUR HANDS

If you cough or sneeze into a tissue, make sure you put it into a suitable bin



## MAKE SURE YOU COVER YOUR COUGH OR SNEEZE

If you feel the need to cough or sneeze cover your nose and mouth with a tissue or your hands, or cough into your elbow to avoid spreading virus particles

## REGULARLY WASH HANDS OR SANITISE IF SOAP AND WATER AREN'T AVAILABLE

Regularly keep your hands clean by washing with soap and water or sanitise them if soap and water is unavailable

