Handwashing

1. Use soap and water
   or
   1. Use hand sanitizer

2. Rub hands together

3. Rinse well

4. Dry hands with a clean towel

5. Or air dry

6. Optional: Use hand lotion

7. Wash hands at least once every 2 hours

8. Wash hands after touching:
   - The face
   - The nose

9. Wash hands immediately after using the bathroom
   Rinse well
Correct and incorrect ways of catching coughs

Correct

Incorrect
Social Distancing
Keep at least 1.5 metres distance with others who might be sick