

AVOID GETTING INFECTED OR PASSING IT ON TO OTHERS!

4 THINGS YOU
CAN DO!



BA20088

1

WASH YOUR HANDS REGULARLY
WITH SOAP AND WARM WATER.
DO THIS FOR AT LEAST
20 SECONDS.



MAKE SURE YOU COVER YOUR WHOLE
HANDS WITH SOAP. DON'T FORGET YOUR
THUMBS, THE BACK OF YOUR HANDS
AND IN-BETWEEN YOUR FINGERS.



RINSE
AND DRY
THOROUGHLY.

2

AAA-TJOO!!!



WHEN YOU SNEEZE OR COUGH,
TINY LITTLE DROPS FLY FROM
YOUR NOSE AND MOUTH. THEY
CAN CONTAIN THE INFECTION.

COUGH AND SNEEZE INTO
YOUR UPPER ARM INSTEAD.



COUGH!
COUGH!

3

KEEP YOUR FINGERS
AWAY FROM YOUR FACE
(EYES, NOSE AND MOUTH).

IT'S HARD.
BUT TRY
NOT TO.



4

STAY AT HOME WHEN YOU'RE
NOT FEELING WELL.

