

# PREVENT THE CORONAVIRUS (COVID-19) BY INTENSIFYING HYGIENE MEASURES!

1

Remember that hand washing duration should be 30 seconds or however long it takes to sing Happy Birthday twice.



Use disposable tissues when sneezing or coughing.

2

3

If you don't have disposable paper, use your forearm when coughing and sneezing.



Frequently clean up the areas that can become contaminated with respiratory secretions.

4



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# PREVENT THE CORONAVIRUS (COVID-19) BY INTENSIFYING HYGIENE MEASURES!

Wash Your Hands:

1

Before and after eating, attending to a sick person and changing diapers.



Before touching objects such as: cell phones, supermarket carts.

2

3

After you've been outdoors.



After coughing or sneezing.

4

5

Before touching your face.



Remember that hand washing duration should be 30 seconds or however long it takes to sing Happy Birthday twice.

6



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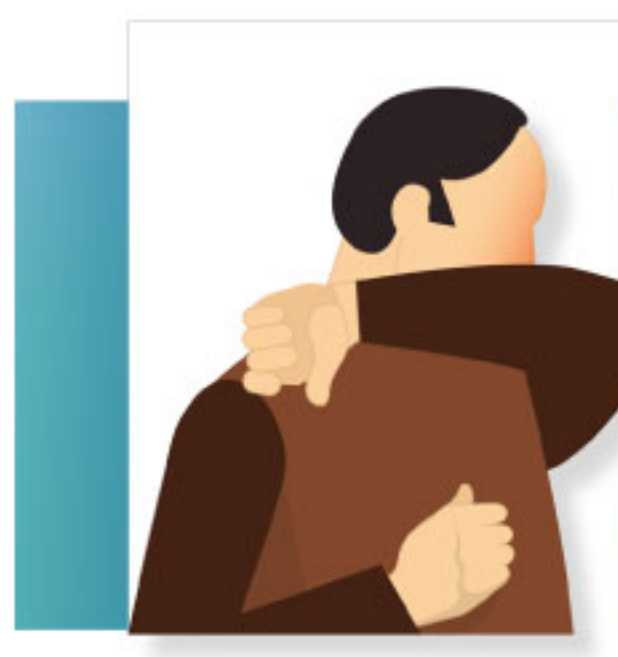


## The correct way to cough and sneeze

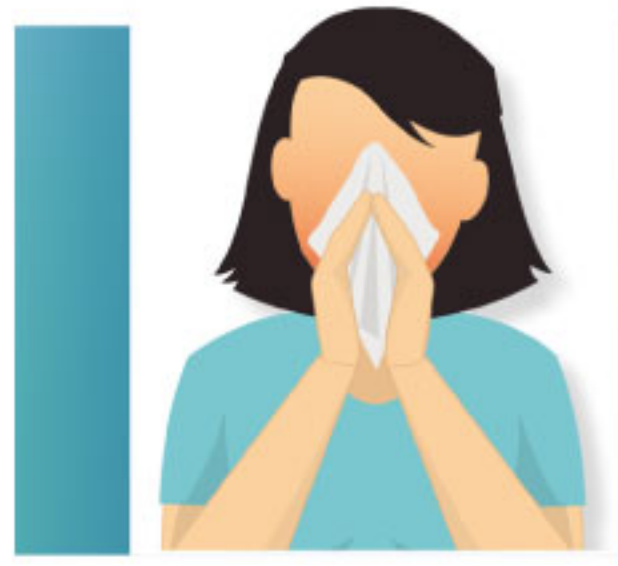


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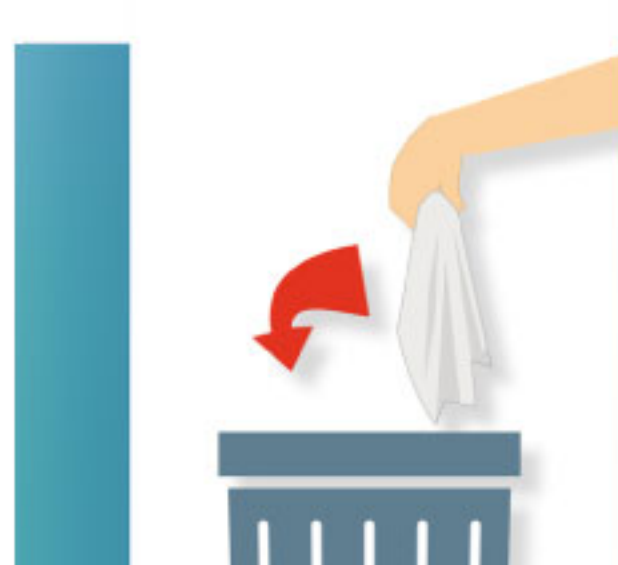
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Cover your mouth and nose firmly with your upper arm, to trap all germ.



Or, cover your mouth and nose firmly with a disposable tissue.



Throw tissue in the trash. Do not litter.



Never touch your face without having washed your hands with soap and water.

¡DETENGA EL CONTAGIO!

## ¿How should you wash your hands?



WASHING YOUR HANDS SHOULD TAKE 30 SECONDS

OR THE EQUIVALENT OF SINGING "HAPPY BIRTHDAY" TWICE

1



Wet your hands with water and shut off the tap

2



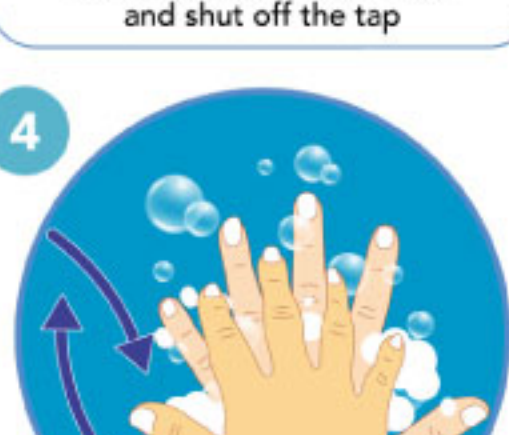
Apply enough soap to cover the surface of your hands.

3



Rub your hands together with your palms facing.

4



Rub the back of each hand with the palm of your other hand with fingers interlaced

5



Rub your palms together with fingers interlaced.

6



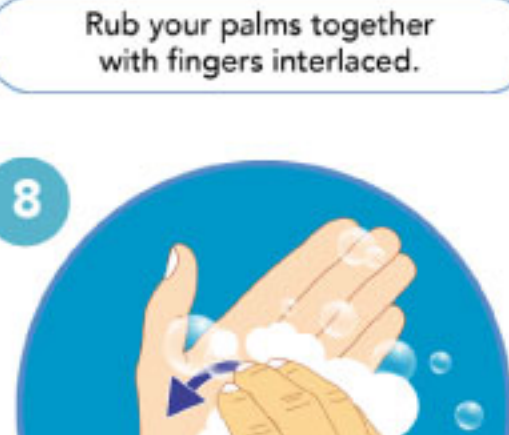
With fingers interlocking, rub the opposite palm with the back of your fingers.

7



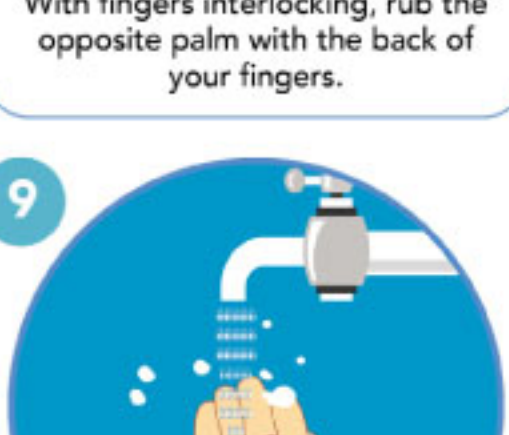
Clasp your thumb in the opposite hand and scrub in a rotational movement.

8



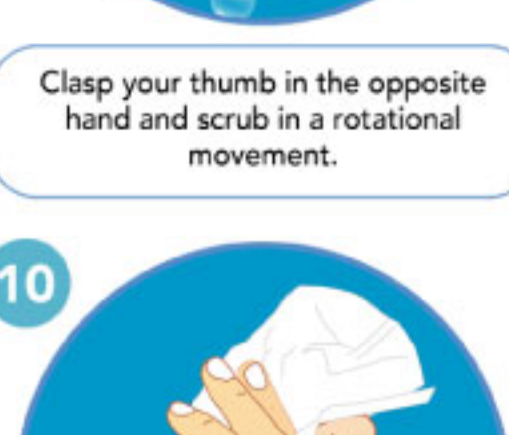
Rub the tips of your fingers on your opposite palm.

9



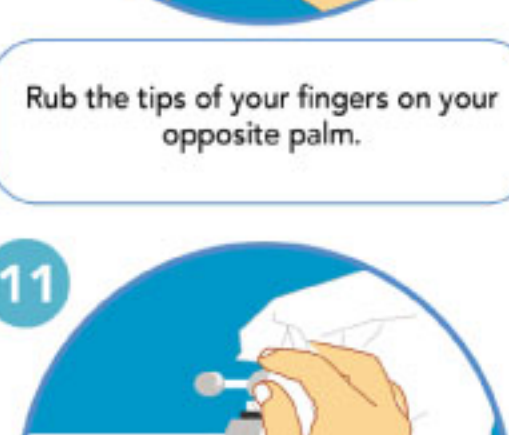
Rinse hands with plenty of water.

10



Dry hands thoroughly, ideally with a disposable paper towel.

11



Use paper towel to shut off the tap.



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