

Protect yourself and others from getting sick



Wash your hands

Wash your hand with soap and running water when **hands are visibly dirty**.



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water.

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Coughing and sneezing

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue.



Throw tissue into closed bin immediately after use.

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick.



Protect others

Avoid close contact when you are experiencing cough and fever.

Avoid spitting in public.

If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider.