

How to stay healthy and avoid the spread of COVID-19



Use tissues and dispose immediately after use



Wash your hands regularly for 20 seconds



Stay home when sick



Avoid touching your face



Wipe high-touch surfaces often



Avoid close contact with others

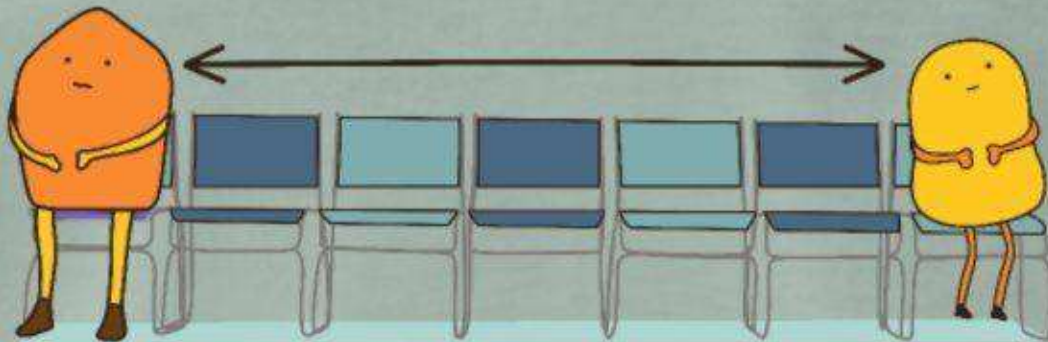


Cover your mouth when coughing or sneezing

SO $\overbrace{\hspace{2cm}}^{2M}$ CIAL DISTANCING



SOCIAL DISTANCING



Thank you for practicing social distancing



2 metres
↔
6 feet



2 metres
↔
6 feet



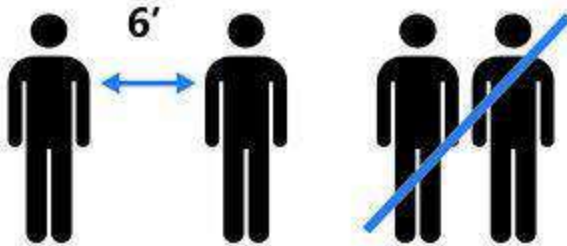






NOTICE

TO HELP PREVENT THE
SPREAD OF COVID-19
PLEASE MAINTAIN
A SAFE DISTANCE
OF 6 FT. FROM
OTHER PEOPLE.



STOP!

TO HELP PREVENT THE
SPREAD OF COVID-19
A FACE MASK
IS REQUIRED
TO ENTER THIS
ESTABLISHMENT.





**Wear
face
mask**

help stop

**Wash
Your
Hands**



**Cover
Your
Mouth**

**Keep
Your
Distance**

Advice : older adults & people with underlying health conditions



Wash hands

Cough/sneeze **into a flexed elbow**
or **use** a disposable tissue



Follow

distancing measures
issued by local authorities



Clean & disinfect
frequently touched
surfaces



Avoid unnecessary
public activities
but **socialize** by phone
every day with friends
or family




World Health
Organization

#COVID19

#Coronavirus

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

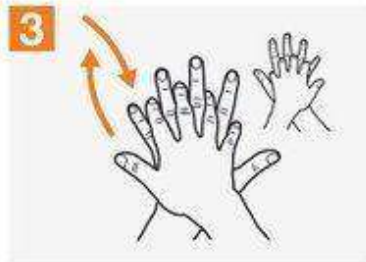
 **Duration of the entire procedure: 20-30 seconds**



Apply a palmful of the product in a cupped hand, covering all surfaces;



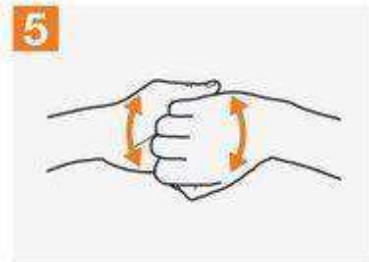
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



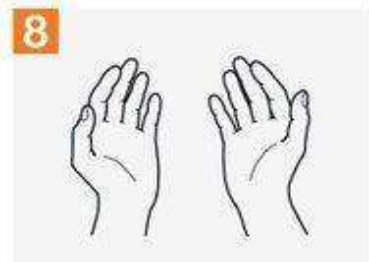
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



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Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

Advice : older adults & people with underlying health conditions



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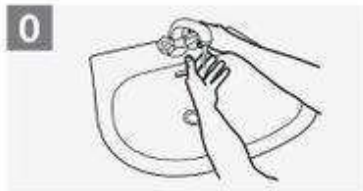
#COVID19

#Coronavirus

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

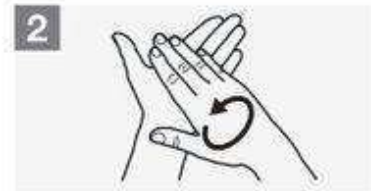
 Duration of the entire procedure: 40-60 seconds



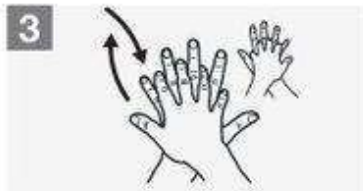
Wet hands with water;



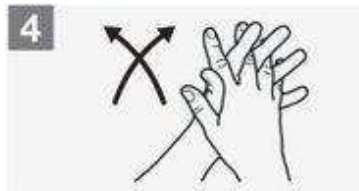
Apply enough soap to cover all hand surfaces;



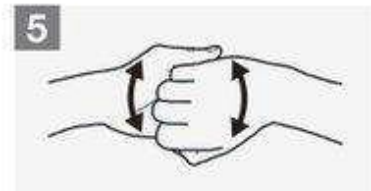
Rub hands palm to palm;



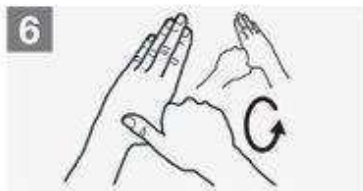
Right palm over left dorsum with interlaced fingers and vice versa;



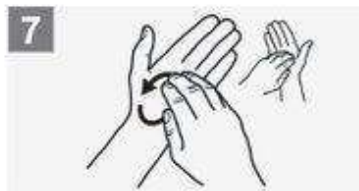
Palm to palm with fingers interlaced;



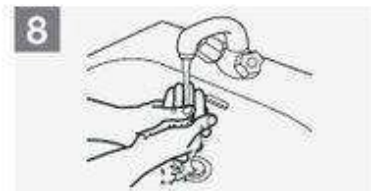
Backs of fingers to opposing palms with fingers interlocked;



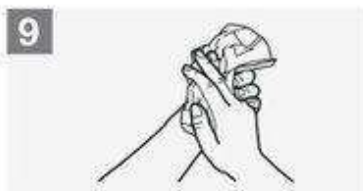
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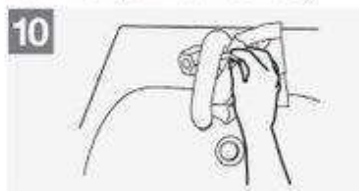
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



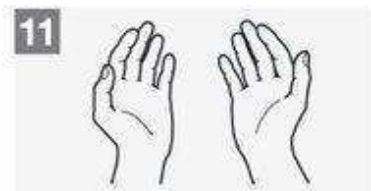
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



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Patient Safety

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SAVE LIVES

Clean Your Hands

COVID-19

Protect yourself
and loved ones



Help prevent the spread of respiratory diseases like COVID-19

+ WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



+ COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



+ DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



+ KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



+ STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



+ GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



