Protect yourself and others
from getting sick

Wash your hands

**with soap and running water
or use alcohol-based hand rub**

· after coughing or sneezing
· before and after eating
· after toilet use
· when hands are visibly dirty

Protect others from getting sick

**Cover mouth and nose with
flexed elbow or tissue** when
coughing and sneezing

**Throw tissue into closed bin
immediately after use**

Seek medical care early if you
have fever or cough

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