

WHAT YOU CAN YOU DO TO HELP EVERYONE STAY HEALTHY

1 WASH YOUR HANDS OFTEN, WITH SOAP



Washing with soap for at least 20 seconds can kill any germs and bits of the virus hiding on your hands.

2 SNEEZE INTO YOUR ELBOWS



The virus is believed to be shared by little droplets flying from your lungs. Coughing and sneezing into your elbow can stop them from landing on other people.

3 AVOID TOUCHING YOUR FACE



This is the best way to stop any germs or bits of the virus that maybe hiding on your hand from getting into your body.

Original guidance provided by Malaka Gharib