

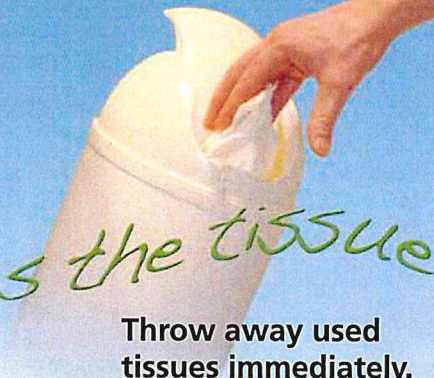
# Prevent the Spread

hygiene habits to protect against viruses



*Cover up*

**Cover your mouth and nose with a tissue when you cough or sneeze.**



*Toss the tissue*

**Throw away used tissues immediately.**

*20 second scrub*

**Wash your hands, especially after using tissues.**

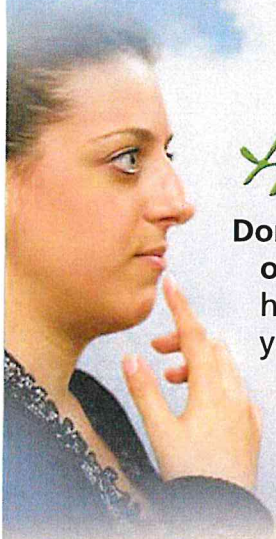


*Sneeze into sleeve  
your elbow*

**Cough or sneeze into your elbow, not your hands.**

*Hands off*

**Don't touch your eyes, nose or mouth. Germs on your hands can transfer into your body.**



*Keep your distance*

**When you are ill or not feeling well, avoid close contact with others. Stay at least 2 metres away to prevent infecting people around you.**