

01

Clean hands with soap and water or alcohol based hand rub

05

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

02

Wash your hands with soap and water when hands are visibly dirty



REDUCE YOUR RISK OF INFECTION!

03

If your hands are not visibly dirty, wash them with soap and water or alcohol based hand rub

04

Avoid close contact with anyone with cold or flu-like symptoms