Wash your hands thoroughly with soap and water for 20 seconds. Always keep yourself and your community clean & healthy!

WASH YOUR HANDS
AT THE RIGHT TIME & IN THE RIGHT MANNER
TO HELP KEEP YOU SAFE FROM
COVID-19

DURING COVID-19 PANDEMIC SITUATION
WASH YOUR HANDS:

- Before taking care of the elderly
- Before feeding and after changing baby’s diaper
- Before holding the baby
- After using the toilet
- After coughing and sneezing
- When you get back home from outside
- After cleaning your house
- After dropping trash into the garbage can
- Before, during, and after food preparation
- Whenever your hands are dirty
- Before and after eating
- After taking care of COVID-19 patients

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