

# HYGIENE PRACTICES TO PROTECT YOURSELF FROM

## COVID-19:



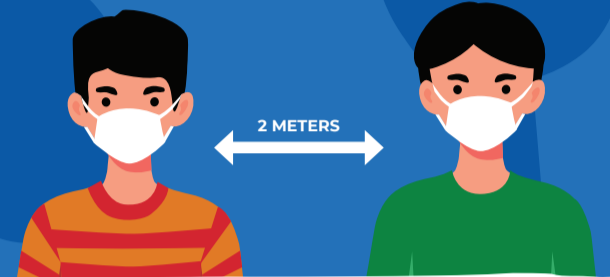
### WEAR A MASK

whenever you have to leave the house. While wearing a mask, make sure that your nose and mouth are well covered. Remember to leave no gap between your face and the mask. **DO NOT** put the mask down on the chin.



### WASH YOUR HANDS

regularly, especially if your hands are dirty. You must wash your hands with water and soap or soapy water for at least 20 seconds. Soapy water can be prepared at home with a very minimum cost by mixing 4 teaspoons of detergent into 1.5 liters of water. The homemade soapy water could be used for up to one week.



### KEEP A SAFE DISTANCE

of at least 6 feet or 2 meters from COVID-19 infected people. You must also maintain your distance in crowded places and keep at least 3 feet or 1 meter from other people.



### TAKE A SHOWER

and wash thoroughly with soap when you return home after having outside activities.



### AVOID TOUCHING OR RUBBING

your eyes, nose and mouth with your hands, especially in public.



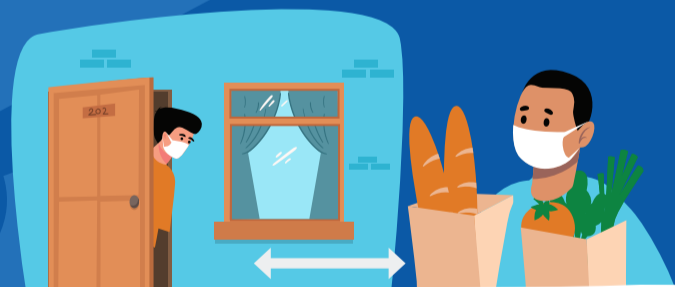
### WASH ALL FRUITS AND VEGETABLES

that are brought from the market. **DO NOT** eat raw foods directly from the market.



### WASH YOUR CLOTHES

thoroughly with detergent when you return home after having outside activities.



### ALWAYS GIVE SUPPORT

to COVID-19 patients. You can provide services to a COVID-19 patient safely by following the safety procedures. You must put on your mask and other necessary safety equipment, and also maintain a distance of at least 6 feet from the patients.

**STAY CALM IF YOU GET INFECTED WITH COVID-19**

**ALWAYS KEEP IN MIND THAT MOST PEOPLE RECOVER FROM COVID-19**

For further information on hygiene practices, go to World Health Organization website <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>