

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 :

Wash your hands
thoroughly
with soap and water for

20 SECONDS

Always keep yourself
and your community
clean & healthy!

After taking care of
COVID-19 patients

Before taking care
of the elderly

Before feeding and
after changing
baby's diaper

Before holding
the baby

After using
the toilet

Before and
after eating

Whenever your hands
are dirty

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