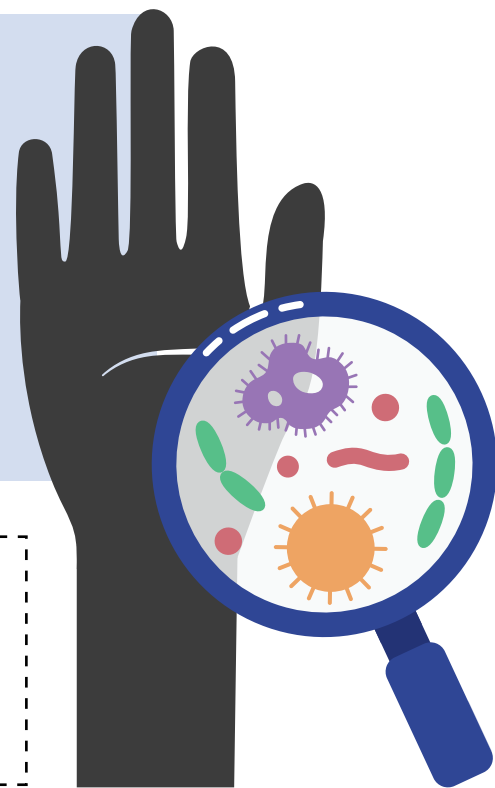


PERSONAL HYGIENE

Hygiene means **keeping yourself and things around you clean** for your own health and for others.

Your hands touch many things, some of which can be contaminated with **GERMS!**



WHY WASH YOUR HANDS? Washing your hands frequently and properly is one of the best ways to stay healthy and prevent illnesses such as COVID-19, colds, the flu and gastroenteritis.

WHEN TO WASH YOUR HANDS



Before, during and after **preparing food**



After using the **toilet**



Before putting on and after taking off **masks**



Before you **eat or drink**



After changing **diapers / nappies**



After handling **garbage**



Before and after **attending to sick people**



After touching **animals or animal waste**

ALWAYS USE SOAP AND WATER TO CLEAN HANDS

Scrub your hands with soap for at least **15-20 seconds**. Using water alone does not remove soil and grease which can trap unseen germs and viruses.



An **alcohol-based sanitiser** is an effective and convenient alternative if soap and water are not available.

Practise good body and oral hygiene:



- > Use soap when having a shower / bath
- > Change underwear and socks daily
- > Wash clothing, towels and bed linen regularly with detergent
- > Avoid sharing personal items including clothes, towels and bed linen
- > Brush your teeth twice a day
- > Floss your teeth once a day
- > Use mouthwash regularly, or as directed by your dentist



COUGHING AND SNEEZING SPREADS ILLNESS



Always use a tissue or your upper sleeve to cover your cough or sneeze. Immediately put the tissue in a bin and wash your hands.

Do not use your hands to cover your cough.

Do not cough or sneeze **near other people**.



Do not touch your face. Germs transfer from your hands to your eyes, mouth or nose.