WASH COVID-19 Away

Wash your hands often with soap and water, for 20 seconds.
If soap and water are not available, use an alcohol-based handrub.

Stay 1.5m away from others

Before Eating and preparing food

After touching money

Do not share food or betel nut

After you use the toilet

Avoid touching your eyes, nose and mouth

Protect yourself and others from COVID-19!
5 Steps to Clean Hands
Stop the Spread of COVID-19

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap

2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails

3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice

4. Rinse your hands well under clean, running water

5. Dry your hands using a clean towel or air dry them
YOU can stop the spread of COVID-19

- Wash your hands often with soap and water for at least 20 seconds
- Cough or sneeze into the bend of your elbow
- Avoid touching your eyes, nose and mouth
- Maintain physical distancing and stay 1.5m away from others
Protect yourself and your community from COVID-19

Avoid close contact with others and maintain physical distancing

LIVE&LEARN
Environmental Education
YOU can stop the spread of COVID-19

1. Do not go into crowded areas
2. Bathe well in soap and water
3. Wear clean clothes after you shower
4. Use disinfectants to clean surfaces in your house