

HEALTH PRECAUTIONS

CLEAN HANDS SAVE LIVES



Avoid shaking hands



Stay home and avoid contact with others while sick



Avoid close contact with people



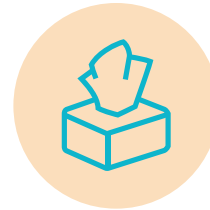
Wash hands with soap and water for at least 20 seconds



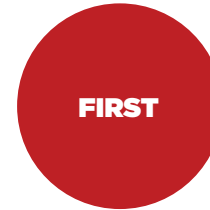
Use an alcohol based hand sanitiser if soap and water are not available



Avoid touching eyes and mouth until able to wash or sanitise hands



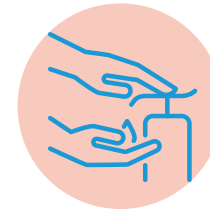
Cough or sneeze into your arm, use a tissue, bin the tissue and wash your hands



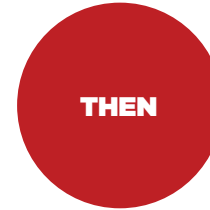
FIRST



Wet hands



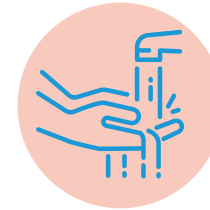
Apply soap



THEN



Rub vigorously for 20 seconds, covering all surfaces of hands and fingers



Rinse hands with warm water ... leave water running



Dry hands thoroughly with hand-dryer or paper towel if available



FINALLY



Turn off tap with a clean paper towel if available



Clean hands!