FutureLife-Now!

COVID-19 RESPONSE

CHOOSE TO STAY SAFE: Protect Yourself and Others Against COVID-19

5 GOLDEN RULES TO REMEMBER

1 WASH YOUR HANDS WITH SOAP AND WATER

Wash them often, and wash them well.



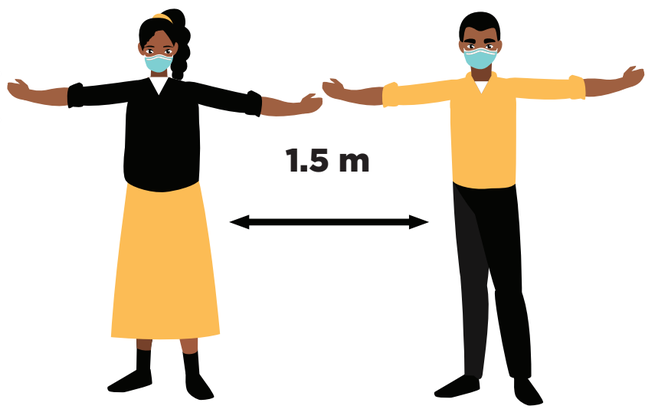
Wet hands | Apply soap | Rub hands together palm to palm | Lather the back of both hands and wash between fingers



Clean nails on the opposite palm and then swap over | Clean thumb on the opposite palm and then swap over | Rinse hands | Air dry

2 KEEP YOUR DISTANCE

Stretch out your arms and turn all around. That's your safe bubble. Keep others out.



3 COVER YOUR FACE AND DON'T TOUCH IT



Wear a mask when you go out. | Cover your mouth when you cough or sneeze. | Don't touch your eyes, nose or mouth with unwashed hands.

4 CLEAN THE SURFACES AND HOUSEHOLD OBJECTS WHICH YOU AND YOUR FAMILY TOUCH OFTEN



Buttons or switches | Cups, plates, cutlery etc. | Cellphones | Door handles or knobs | Books and stationery | Food containers | Kitchen counters | Tables, desks and chairs | Bags, purses and wallets

5 FEEL SICK? STAY AT HOME



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