

# Prevent the Spread

hygiene habits to protect against viruses



*Cover up*

Cover your mouth and nose with a tissue when you cough or sneeze.



*Toss the tissue*

Throw away used tissues immediately.

*20 second scrub*

Wash your hands, especially after using tissues.



*Sneeze into your sleeve*

Cough or sneeze into your elbow, not your hands.

*Hands off*

Don't touch your eyes, nose or mouth. Germs on your hands can transfer into your body.



*Keep your distance*

When you are ill or not feeling well, avoid close contact with others. Stay at least 1 metre away to prevent infecting people around you.