

Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

**To protect yourself and others
you need to wash your hands
with soap and water**



Wet your hands with water and apply soap



Rub your hands together until the soap forms a lather



Rub the top of your hands, between your fingers and under your fingernails



Do this for about 20 seconds



Rinse your hands under running water



Dry your hands with a clean towel or paper towel

Kill the virus. **Save** lives.