



Catch it

Germs spread easily.

Always carry tissues and use them to catch your cough or sneeze.

Bin it

Germs can live for several hours on tissues.

Dispose of your tissue as soon as possible.



Kill it

Hands can transfer germs to every surface you touch.

Clean your hands as soon as you can.

How to wash your hands



Wash your hands for 20 seconds

Step 1



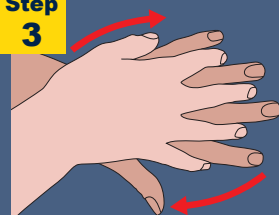
Apply a palmful of the product in a cupped hand, covering all surfaces;

Step 2



Rub hands palm to palm;

Step 3



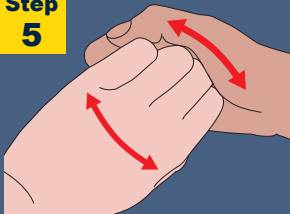
Right palm over left dorsum hand with interlaced fingers and vice versa;

Step 4



Palm to palm with fingers interlaced;

Step 5



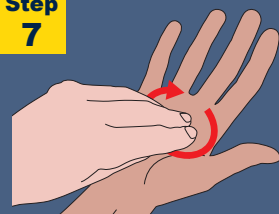
Backs of fingers to opposing palms with fingers interlocked;

Step 6



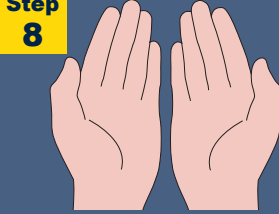
Rotational rubbing of left thumb clasped in right palm and vice versa;

Step 7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

Step 8



Once dry, your hands are safe.

How to wear a mask

Before putting on a mask, **wash your hands.**



Cover mouth and nose with mask and **make sure there are no gaps between your face and the mask.**

Avoid touching the mask while using it;

if you do, clean your hands.



To remove the mask:



Remove it from behind (do not touch the front of the mask);

Discard immediately in a closed bin.



Clean hands with alcohol - based hand rub or soap and water.

