

Health Education, Hand Hygiene and Face masks – Personal actions to help prevent the spread of COVID-19, colds and flu

- 1. Wash/sanitise your hands frequently throughout the day
- 2. Clean frequently touched surfaces
- 3. Keep your hands away from your face
- 4. Cough and sneeze etiquette
- 5. Where possible, keep your distance. Otherwise, wear a mask
- 6. Mask information

1. Wash/sanitise your hands frequently throughout the day.

Use soap and water to wash your hands for 20 to 30 seconds. Dry your hands, preferably with a paper towel, if available. If soap and water is not accessible, use an **alcohol-based** hand-sanitiser that has at least 65% alcohol.

Especially before

taking off a face mask

In addition, wash or sanitise your hands after touching surfaces in public places, such as:

- door handles (eg public toilets)
- escalator & stair handrails
- buttons for lifts, traffic lights, ATMs, door exits
- tables, chairs, information counters, pens
- computer keyboards & mice, mce(short video)

2. Keep your hands away from your face

- Do not put your hands near your eyes and mouth.
- Do not touch the front of your mask once it is in place