

WASH COVID-19 Away

Wash your hands often with soap and water, for 20 seconds.

If soap and water are not available, use an alcohol-based handrub.

Stay 1.5m away from others

Before Eating and preparing food

After touching money

After you use the toilet

Do not share food or betel nut

Avoid touching your eyes, nose and mouth

PROTECT YOURSELF AND OTHERS FROM COVID-19!



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5 Steps to Clean Hands

Stop the Spread of COVID-19



1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap



2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails



3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice



4. **Rinse** your hands well under clean, running water



5. **Dry** your hands using a clean towel or air dry them



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YOU can stop the spread of COVID-19



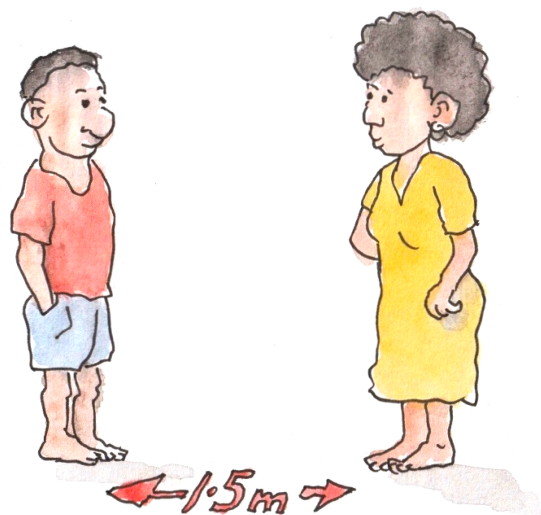
Wash your hands often with
soap and water for at least
20 seconds



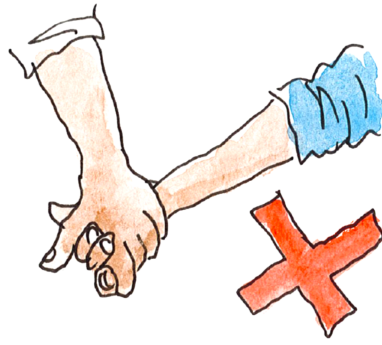
Cough or sneeze into the
bend of your elbow



Avoid touching your eyes,
nose and mouth



Maintain physical distancing
and stay 1.5m away from others



Protect yourself and your
community from COVID-19

Avoid close contact with others and
maintain physical distancing



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YOU can stop the spread of COVID-19

1. Do not go into crowded areas
2. Bathe well in soap and water
3. Wear clean clothes after you
shower
4. Use disinfectants to clean surfaces
in your house

