



# REDUCE YOUR RISK OF INFECTION

## PROTECT YOURSELF FROM GETTING SICK

01 •

Avoid unprotected contact with sick people (including touching one's eyes, nose or mouth) and with live farm or wild animals



02 •

## PROTECT YOURSELF AND OTHERS FROM GETTING SICK

Wash your hands! - Wash your hands with soap and water when hands are visibly dirty

If your hands are not visibly dirty, wash them with soap and water or alcohol based hand rub

## PROTECT OTHERS FROM GETTING SICK

03 •

Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing.

Throw tissue into closed bin after use  
Clean hands after coughing or sneezing and when caring for the sick

