Wash your hands

Wash your hands with soap and running water when hands are visibly dirty

If your hands are not visibly dirty, **frequently clean them by using alcohol-based hand rub or soap and water**

Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

World Health Organization