

# Daily Hygiene Guidelines

Follow these guidelines to protect yourself from COVID-19



**Avoid touching your eyes, nose and mouth**

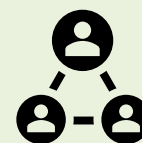
**Wash your hands for 20 seconds with  
soap and warm water**

**Use an alcohol-based hand sanitizer if soap  
and water are not available**



**Refrain from any unnecessary contact  
with surfaces, objects and others**

**Observe two-metre physical distancing**



**When coughing or sneezing, cover your mouth  
and nose with your elbow or a tissue**

**Dispose of the used tissue immediately**

**If you are sick, stay home!**

