

FREQUENTS MEANS OF CONTAMINATION

For you and for the others

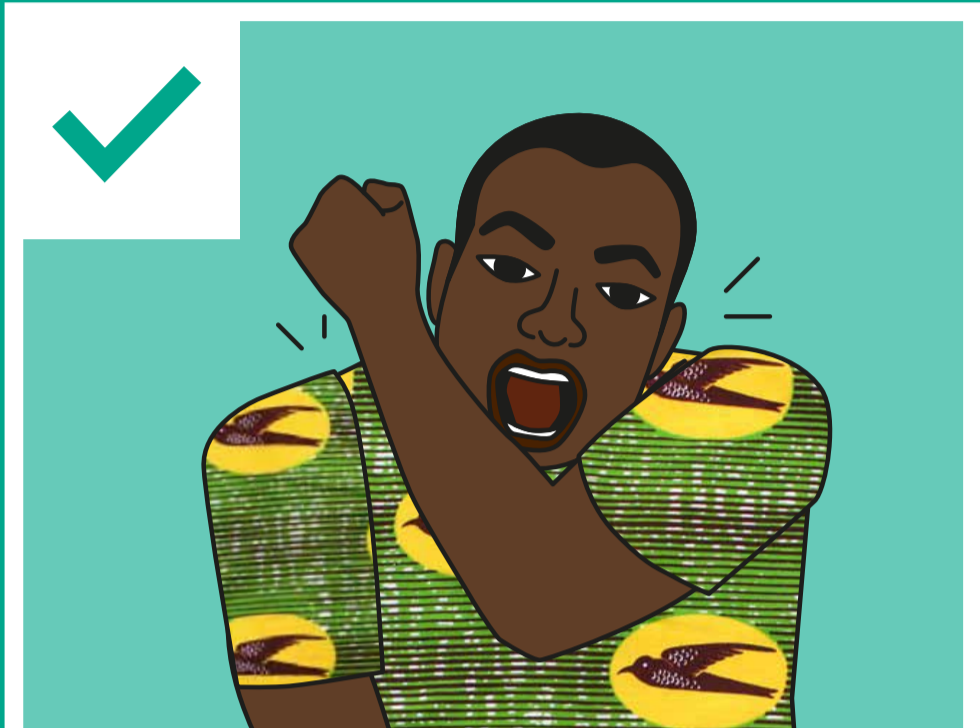


USUAL MEANS OF PREVENTION

For you and for the others



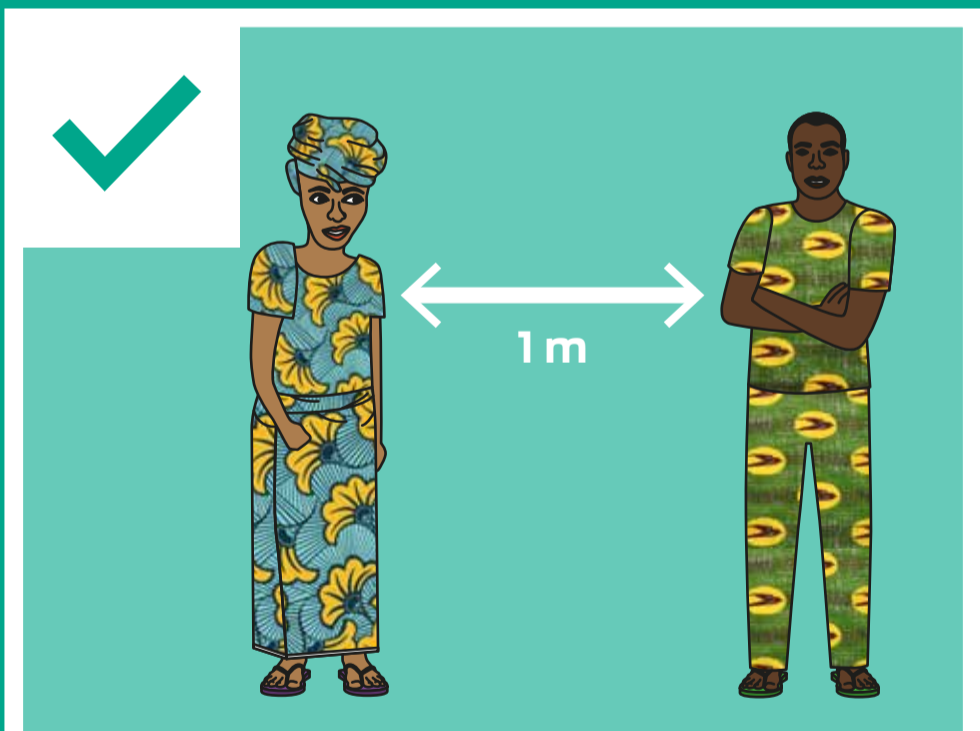
Wash hands regularly with water AND soap, rubbing well between the fingers, wrists, palms and fingertips.



Coughing or sneezing in the crook of his elbow



Blow your nose on a tissue and throw it away after use in a garbage can



Maintain a distance of at least 1 meter from others

WASH YOUR HANDS PROPERLY

For you and
for the others



Getting your hands wet



Taking soap



Rub your hands well



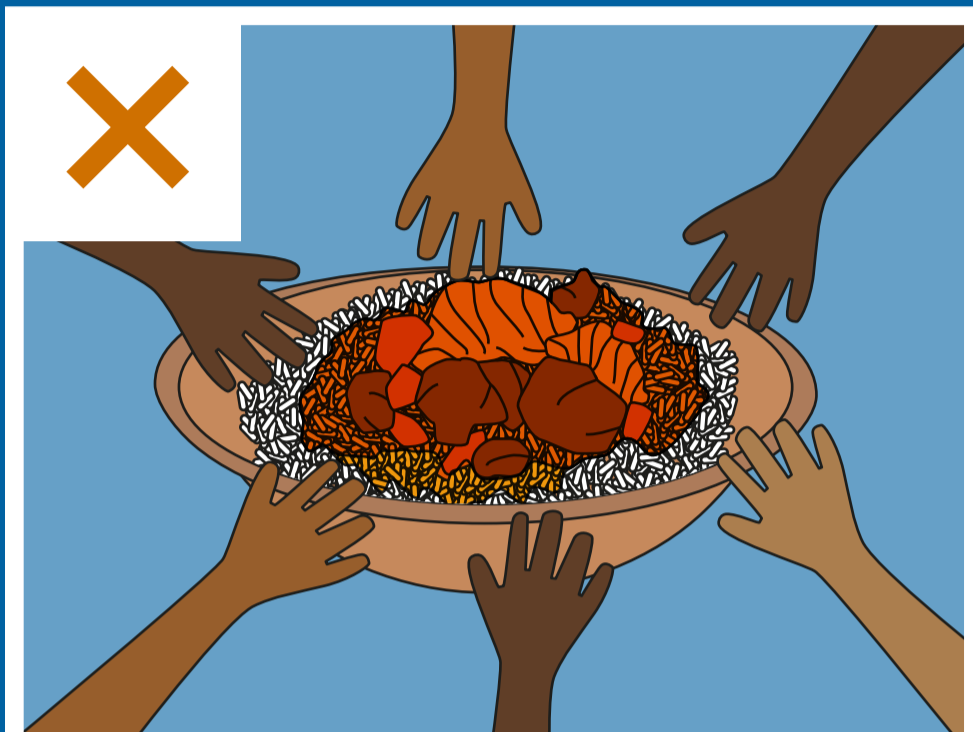
Rinse your hands



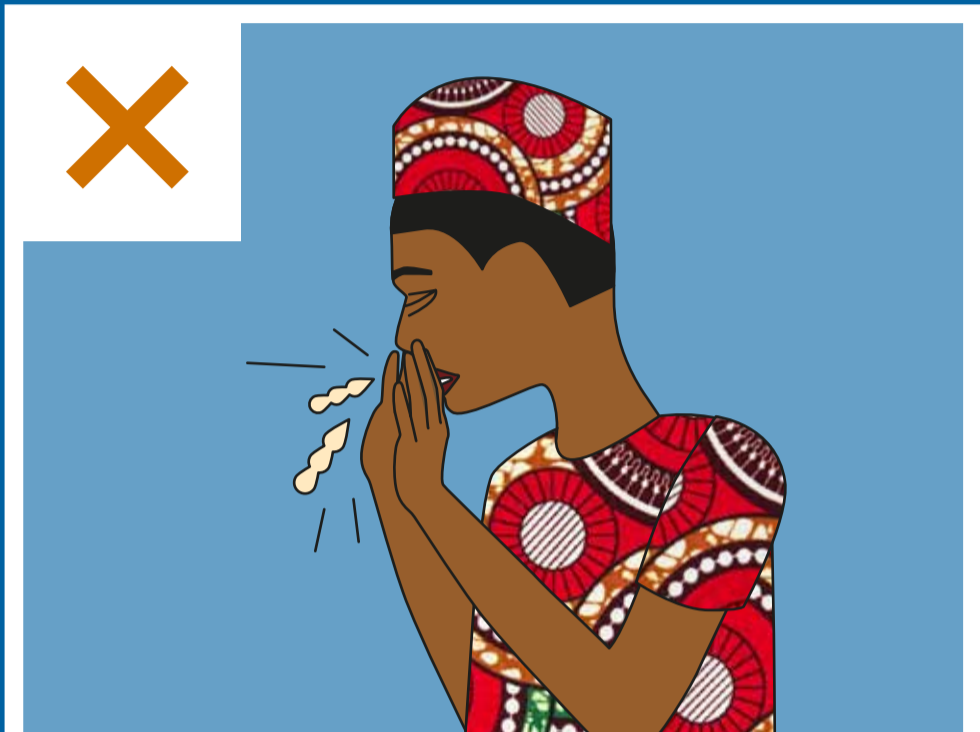
Wipe with
clean paper

RISKY AND AVOIDABLE HABITS

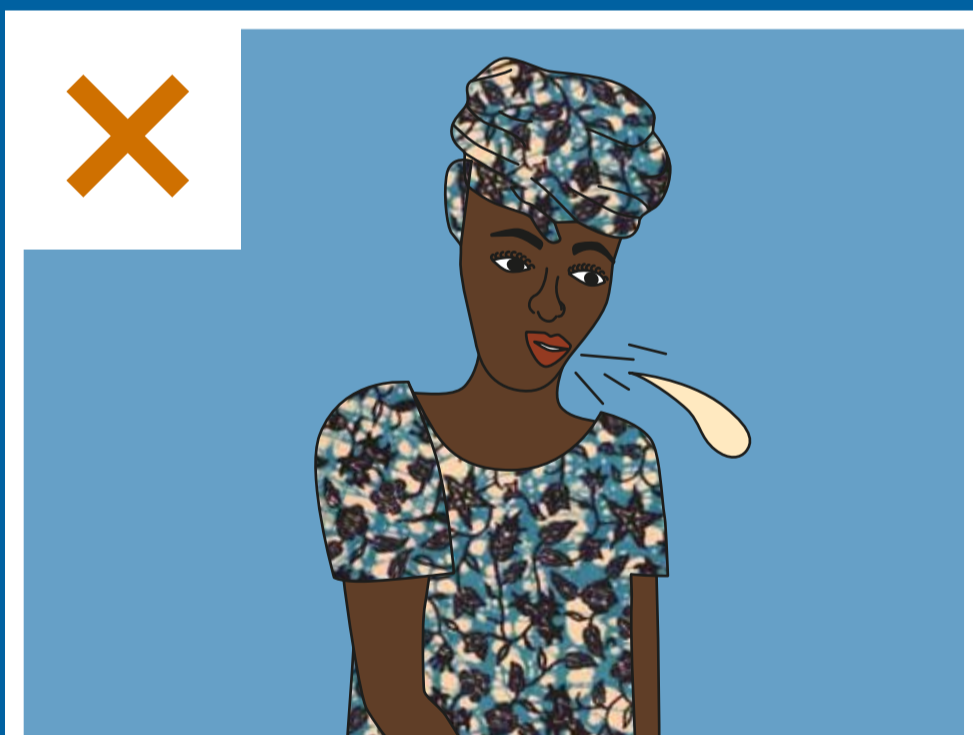
For you and for the others



All eating from the same plate, with hands



Blowing your nose on the floor



Spit on the floor



All drinking tea from the same cup, without washing it

SYMPTOMS TO WATCH FOR

For you and for the others



Fever



Dry cough



Fatigue



Breathing difficulties