

Stay well and prevent the spread of disease.



Pay attention to personal hygiene Stay healthy and reduce the spread of infectious diseases.

- Wash your hands regularly with soap. Especially before eating and after using the toilet.
- Cover your cough or sneeze with a tissue or your upper sleeve.
- Bathe regularly with soap. Avoid sharing personal items including clothes, towels and bed linen.
- Keep your environment clean. Pay special attention to things that get touched often like door knobs and switches.
- Stay away the area possibly with epidemic infectious disease. If having fever or other symptoms, contact doctor.

This poster has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the poster, please consult your medical professional.

