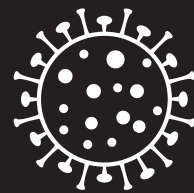


# Coronavirus **COVID-19**



Coronavirus  
**COVID-19**  
Public Health  
Advice

**To protect yourself and others  
you need to wash your hands  
with soap and water**



**Wet your hands with water and apply soap**



**Rub your hands together until the soap forms a lather**



**Rub the top of your hands, between your fingers and  
under your fingernails**



**Do this for about 20 seconds**



**Rinse your hands under running water**



**Dry your hands with a clean towel or paper towel**

**Kill the virus. Save lives.**