



**COVID-19**  
**PREVENTION**  
IS IN OUR HANDS



As COVID-19 remains with us, there are prevention measures that are within our control

**WE DO**

keep on washing and sanitising our hands  
and the things we touch

**BECAUSE**

soap, water and alcohol-based sanitisers  
are known to kill the virus when it lands  
on hands and surfaces



**GUIDELINES**

Wash your  
hands regularly

Wash your hands  
for 20 seconds  
each time

Use soap and  
water or alcohol-  
based hand  
sanitizer

Never touch your  
face without  
washing your  
hands first