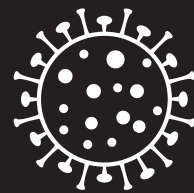


# Coronavirus **COVID-19**



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.