



# New Coronavirus Threat: **HOW TO PREVENT SPREAD.**

## HAND

### WASHING TECHNIQUE



Wet hands under running water



Apply soap & rub palms together



Rub the backs of the hands



Clean the web spaces



Rub the fingers of each hand



Clean the thumbs



Rub finger tips on the palms as shown



Wash & dry thoroughly.



Cover your mouth & nose with tissue/cloth. Throw it immediately after use & wash hands



- **Frequently clean the hands with soap & water or alcohol based sanitizer.**
- **Avoid close contact with anyone who has cold/cough.**
- **Stay home if you have cold & cough. Report to the local healthcare authority.**
- **Avoid touching your eyes/nose/mouth with unclean hands.**
- **Avoid consumption of raw meat & other animal products.**
- **Clean & disinfect frequently touched surfaces & objects.**