Recommendations to prevent the spread of infection

- Try to avoid touching your mouth and nose

- Regular **hand washing** *(Figure 1)*. You should wash your hands:
  - after coughing or sneezing
  - before and after you prepare food
  - before eating
  - after using the toilet
  - when caring for the sick
  - when hands are visibly dirty
  - after handling animals or animal waste

- Use soap and running water to wash your hands *(Figure 1)*

- **Respiratory hygiene** *(Figure 2)*: Cover your mouth and nose with a clean tissue when coughing and/or sneezing and then promptly dispose of the tissue in a bin. If you do not have a clean tissue, cough or sneeze into the bend of your elbow instead. Wash your hands immediately after sneezing, coughing or blowing your nose.

- Avoid close contact with anyone showing signs of respiratory illness such as coughing or sneezing.

- **Cleaning and disinfection of the environment**: Clean surfaces, especially the most frequently touched surfaces, with any cleaning product, then disinfect with a disinfectant.

- **Waste disposal**: Dispose of household waste as you normally would. Used tissues can be disposed of in your normal household bin.
**How to Handwash?**

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

**Duration of the entire procedure:** 40-60 seconds

1. **Wet hands with water;**
2. **Apply enough soap to cover all hand surfaces;**
3. **Rub hands palm to palm;**
4. **Right palm over left dorsum with interlaced fingers and vice versa;**
5. **Palm to palm with fingers interlaced;**
6. **Backs of fingers to opposing palms with fingers interlocked;**
7. **Rotational rubbing of left thumb clasped in right palm and vice versa;**
8. **Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;**
9. **Rinse hands with water;**
10. **Dry hands thoroughly with a single use towel;**
11. **Use towel to turn off faucet;**
12. **Your hands are now safe.**
Figure 2: Respiratory Hygiene:

- Turn your head away from others
- Use a tissue to cover your nose and mouth
- Drop your tissue into a waste bin
- No tissues? Use your sleeve
- Clean your hands after discarding tissue using soap and water or alcohol gel for at least 15 seconds

These steps will help prevent the spread of colds, flu and other respiratory infections