



**Live the Difference**



# Taste the Difference



# Be the Difference in Keeping Safe



## WASHING YOUR HANDS

1. Apply soap & wet your hands with clean water – turn the tap off, water is still scarce!
2. Lather up your hands and wash for 20 seconds – Time yourself by singing Happy Birthday to yourself twice
3. Rinse your hands in clean water

Remember you must use soap and wash your hands back and front, between your fingers and under your nails



Use hand sanitizer if you don't have soap & water



- ✓ Sneeze or cough into a tissue or a bent elbow
- ✗ Do not touch your face
- ✓ Clean your everyday items like cell phones, keys, watches & rings
- ✓ Clean surfaces around you



If you wearing a mask: Wash & dry your hands before you put your mask on. Make sure there are no gaps between your face and the mask

Remember wearing a mask will catch moisture particles and prevent you from touching your face this will interrupt the transportation of the virus and decrease everyone's chance of infection





# Know the Difference

