



CITY OF TSHWANE

"we are the same"

Hygiene tips

Wash your hands with soap and water –

- after visiting the toilet;
- before preparing food and eating; and
- after using your hands to cover your mouth and nose when you cough or sneeze.

Wash your hands thoroughly, i.e. both sides and between fingers and under nails.

- Take regular baths.
- Wear clean clothes every day.
- Cover your mouth and nose with a hanky or tissue when you cough or sneeze. Throw the tissue in the bin or wash the hanky afterwards.
- Make sure your office/house etc is well ventilated. Open the windows for fresh air to enter.

Keep your environment clean.

**For more information go to your
nearest clinic.**