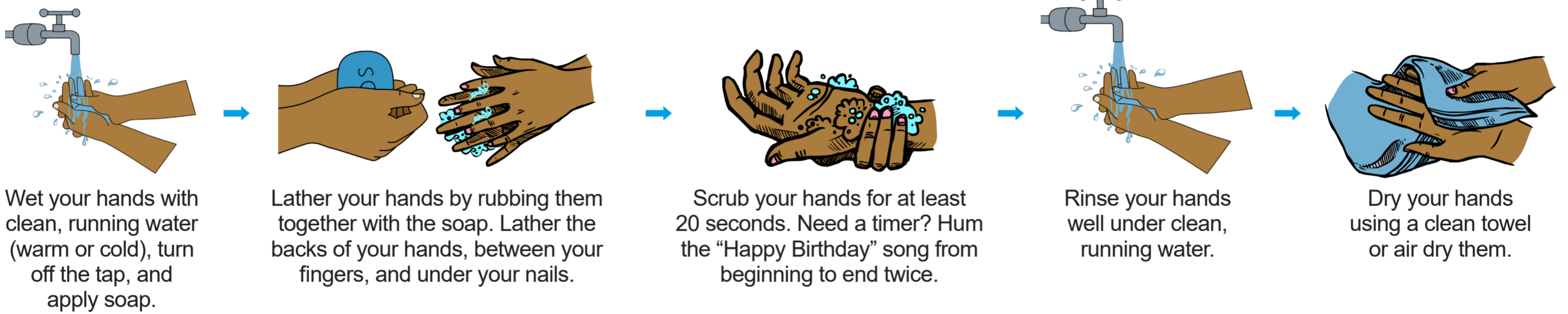




THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

Practice Personal Hygiene to Prevent COVID-19 Transmission

1 Steps of proper hand washing



2 Wash your hands **BEFORE** preparing food, eating or giving food to babies, **AFTER** pee, poo or cleaning a baby or helping someone who is ill, blowing your nose, coughing or sneezing, and **after touching your pets** or other animals, and **handling rubbish**, etc.



3 Wash your hands properly **before touching your face** (eyes, nose and mouth) as this is where germs enter the body.

4 **Keep your body and clothes fresh & clean.** Keep your nails & toes, teeth & ears, face & hair **CLEAN.**



5 Keep human and animal poo and pee away from flies that spread germs. Use latrines & afterwards, **wash your hands with soap and water.**



6 **Don't touch clean safe water with dirty hands or cups.** Keep it safe & free from germs.



7 **Kill or reduce flies by keeping the home & community free from rubbish & dirt.** Store rubbish safely until it's collected, burned or buried.

