

#Clean Campaign

Keeping COVID-19 at bay

What is Covid-19?

It is classified as an infectious disease, meaning it can be spread both directly and indirectly from one person to another. The disease involves your upper respiratory tract (nose, throat, airways, lungs). Covid is a newly discovered type of the common coronavirus, which usually circulates among humans causing common cold symptoms.

What FIGHTS Covid-19?

- F**requent efficient hand-cleansing with soap and water or sanitizers
- I**ntant germ protection with alcohol-based hand sanitizer when away from home.
- G**o to the doctor when you have a cold, cough or fever, but make sure you call first to allow for arrival preparations.
- H**ome rest if you are feeling unwell.
- T**issues and masks to be used when you cough or sneeze.
- S**tay away from raw meats and stop nail biting and face touching.

Protect yourself, family & community



SAFE SPACE:

Avoid close contact with anyone that has the flu.



ELBOW GREET:

No hand shakes, high fives or fist bumps



STOP THE SPREAD:

Cover nose and mouth with tissue or elbow when coughing/sneezing



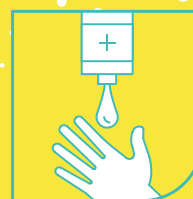
WASH YOUR HANDS:

Frequently for 20 seconds with soap and water using the WASHING technique, or alcohol based sanitiser.

WASHING



Wet hands



Apply soap



Scrub palms together



Hand to hand



In between your fingers



Nails and back too



Get your hands rinsed and dry with a clean tissue

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GRACE-TO-GRACE