



WASH YOUR HANDS... AND OTHER "HANDY" TIPS

SCOUTS CARING FOR THEMSELVES AND OTHERS

BROUGHT TO YOU BY



AVOID TOUCHING YOUR FACE



OUR HANDS TOUCH MANY SURFACES AND CAN PICK UP VIRUSES. AVOID TOUCHING YOUR EYES, NOSE AND MOUTH WITH UNWASHED HANDS. WIPE SHARED SURFACES SUCH AS KEY BOARDS AND MOUSE.

WASH YOUR HANDS



WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS AFTER COUGHING OR SNEEZING, BEFORE AND AFTER EATING, AND AFTER USING THE TOILET.



WHEN SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND SANITISER. RUB YOUR HANDS UNTIL THEY ARE DRY.



PRACTICE PROPER HYGIENE

WHEN COUGHING OR SNEEZING, COVER YOUR MOUTH AND NOSE WITH YOUR BENT ELBOW OR WITH A TISSUE. DISPOSE OF TISSUES INTO A CLOSED BIN IMMEDIATELY AFTER USE.

PROTECT YOURSELF AND OTHERS



IF YOU ARE SICK OR SEE SOMEONE WHO IS SICK, KEEP YOUR DISTANCE TO PREVENT GERMS FROM SPREADING. STAY AT HOME IF YOU HAVE SYMPTOMS OF ILLNESS.



SEEK MEDICAL ADVICE EARLY

IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL ATTENTION AND FOLLOW THE DIRECTIONS OF YOUR LOCAL HEALTH AUTHORITY.