

Personal and household hygiene is our first line of defence amid growing COVID-19 cases. Things like handwashing, coughing and toilet etiquette need our constant attention. Have you done everything correctly?

## Personal Hygiene

### Handwashing - do it right & smart

Wash your hands with soap and water for at least **20 SECONDS**. Follow the 7 steps:



Rinse and dry with a disposable paper towel

**TURN OFF THE TAP WITH A PAPER TOWEL** to avoid germs

### Cover when sneezing or coughing



Cover your mouth and nose with **TISSUE OR THE INNER SIDE OF YOUR ELBOW**

Dispose of the soiled tissues into a **LIDDED RUBBISH BIN**, and then wash your hands with soap and water or sanitizer

## Myth Busters

Can mouthwash, garlic or rinsing the nose with saline protect you against the virus?

There is no evidence showing these measures are effective to the virus. Don't stockpile the products.

Are antibiotics effective in preventing and treating the new coronavirus?

Antibiotics do not work against viruses, only bacteria. They cannot be used to prevent or treat COVID-19 infection.



## Toilet Sanitation

### Don't spread germs, put the toilet lid down

Toilet flushing may splash germs out 6 feet away, polluting the surroundings.

Please do the following:

1. **WIPE** the toilet lid with sanitizer
2. **PUT** the lid down before flushing
3. **WASH** hands after using the toilet



### Trap the viruses with U-traps

For safety and sanitation, don't alter drainage traps and pipes

If drains and pipes **LEAKING, BLOCKED, or RELEASING FOUL SMELL**, arrange inspection and repair by a qualified plumber immediately



Pour about **HALF A LITRE OF WATER** into each drain outlet once a week

## Make your own minibook for sanitation tips!



Fold this leaflet and turn it into a mini book for your children to learn about how to stay healthy during the current virus outbreak. Have fun reading and learning!

### Steps:

1. Fold along the lines, open and cut along the dotted line
2. Fold in half along the dotted line, hold the shorter edges and push inward, the minibook is almost done!
3. Find the cover and fold, and enjoy reading!



Demo Video & More Info



COVID-19 is a new disease caused by the novel coronavirus. It typically attacks humans' respiratory system. See your doctor if you have cough, fever or sore throat!



This minibook belongs to \_\_\_\_\_ I've got \_\_\_\_\_ marks. I'll keep "Wash hands, stay healthy" in mind!

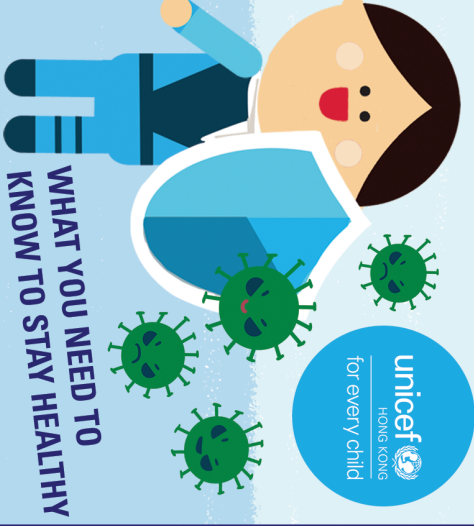
Q6: When you miss your friend at school, what should you do?  
 A. Give me five!  
 B. Chat online  
 C. Go out and play



A6: B

Avoid social contact, avoid infection. Chatting online can be fun!

On each page, there is a question about a hygiene tip. Find the answer below and learn how to stay healthy with interesting games.



How does the virus spread?  
 A. Through the droplets  
 B. Through the ears  
 C. Through the belly



A5: A

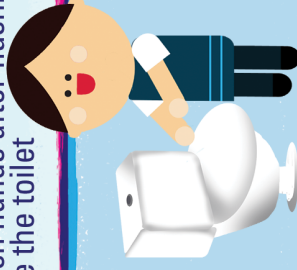
The virus is spread through respiratory droplets. A person can also be infected by touching an object that has the virus on it and then touching his or her own mouth, nose or eyes.

A1: C  
 There may be germs on your hands. You might get sick if you touch your eyes, nose or mouth, or eat before you wash your hands.



Q1: What shouldn't you do before washing hands?  
 A. Touch your eyes, nose or mouth  
 B. Eat  
 C. Both of above

Q4: What's the right order when using a toilet?  
 1. Put the lid down  
 2. Disinfect the lid  
 3. Wash hands after flushing  
 4. Use the toilet



A4: 2>4>1<3

Put the lid down before flushing, or the germs may spread. Disinfect the lid before using the toilet will help you stay healthy, too!

A2: B  
 Wash your hands with soap and water for at least 20 seconds – as long as the ABC song. "Now I can sing my ABC's!"



Q2: How long should you wash your hands?  
 A. 10 seconds  
 B. 20 seconds  
 C. As you like

Q3: What should I do if I want to sneeze when I have no tissue with me?  
 A. Cover your mouth with your hand  
 B. "Superman's taking off!"  
 C. Sneeze towards the ground



A3: B

Lift your elbow, cover your nose and mouth, just like a superman taking off. It will stop the virus from spreading through the droplets.