



# Health Education, Hand Hygiene and Face masks – Personal actions to help prevent the spread of COVID-19, colds and flu

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1. Wash/sanitise your hands frequently throughout the day
  2. Clean frequently touched surfaces
  3. Keep your hands away from your face
  4. Cough and sneeze etiquette
  5. Where possible, keep your distance. Otherwise, wear a mask
  6. Mask information
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## 1. Wash/sanitise your hands frequently throughout the day.

Use soap and water to wash your hands for 20 to 30 seconds. Dry your hands, preferably with a paper towel, if available. If soap and water is not accessible, use an **alcohol-based** hand-sanitiser that has at least 65% alcohol.

