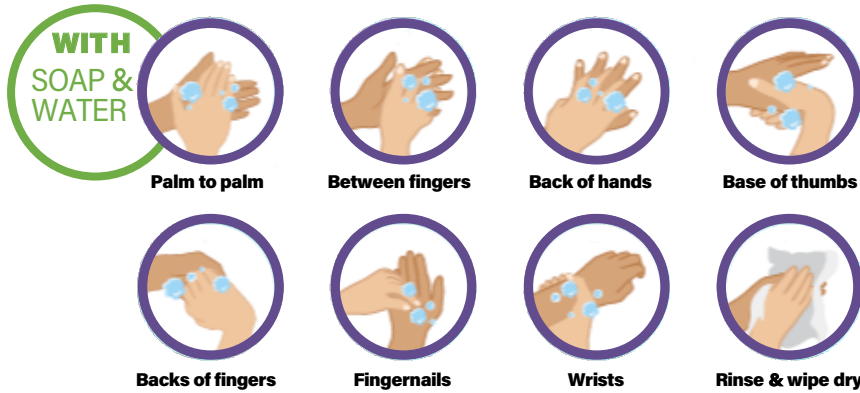


# COVID-19

## Practise Good Personal Hygiene

### Keeping our Hands & Environment Clean!

## 8 STEPS TO CLEAN YOUR HANDS



**WITH ALCOHOL BASED HAND SANITIZER**

Apply the product to the palm of one hand.

Rub the product on the surfaces of your hands according to steps 1 through 7 until your hands are dry.

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## TYPES OF DISINFECTANTS

	For Hand Hygiene		For Disinfecting Surfaces			
	Soap & Water	Alcohol-based Hand Sanitiser (at least 60%)	Alcohol (e.g. Isopropyl/ Ethyl Alcohol 70%)	Benzalkonium Chloride (in common cleaning agents)	Chloroxylenol (ingredient in Dettol®)	Sodium Hypochlorite (in bleaches)



Getting around (e.g. taking public transport)	✓	✓					<ul style="list-style-type: none"> <li>&gt; Keep windows open for ventilation.</li> <li>&gt; Wipe all frequently touched areas &amp; toilet surfaces and allow to air dry.</li> <li>&gt; Use alcohol as a replacement when the use of bleach is not suitable.</li> </ul>
Travelling by air	✓	✓					
Cleaning the house or workplace (e.g. doorknob, windows, desk, phone, keyboard)	✓		✓	✓	✓	✓	
Going to school	✓	✓					
Cleaning mobility aid(s) (e.g. wheelchair, quad cane, walking stick)	✓		✓	✓	✓	✓	
Eating out (e.g. at coffee shop, hawker centre, restaurant)	✓	✓					> Use a serving spoon when sharing food
Exercising (e.g. at a public fitness corner or gym)	✓	✓					> When exercising, prepare a spare towel & wipe down the equipment after use to remove perspiration from the equipment surface.
Visiting a healthcare institution	✓	✓					



**Remember to moisturize your hands frequently after washing!**