

Gargle properly to protect against infection

- ① Put the first small amount of water in your mouth, swish it around in your mouth vigorously, and spit it out.



- ② Put the second small amount of water in your mouth, tilt your head back, open your mouth to gargle making the “ahhh” sound, and spit it out. (about 15 seconds)



- ③ Put the third small amount of water in your mouth, again, tilt your head back, open your mouth to gargle making the “ahhh” sound, and spit it out. (about 15 seconds)



Wash hands properly to protect against infection

①



Apply soap, put palms together, and wash them thoroughly.

②



Wash back of each hand thoroughly.

③



Rub fingertips and under nails in opposite palms.

④



Rub between fingers.

⑤



Rotationally rub thumbs clasped in opposite palms.

⑥



Scrub wrists.

⑦



Rinse hands with running water.

⑧



Dry thoroughly with a clean towel.
(Do not share a towel.)