

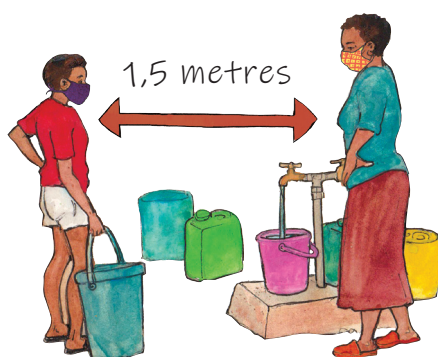
# CORONAVIRUS

## Let's STOP the spread

If you use shared toilets and taps, follow these rules to avoid getting coronavirus:

1

If there is a queue, avoid close contact with others – stand at least 1,5 metres apart.



2

Avoid touching surfaces with your bare hands. Use your elbow, foot or paper to touch surfaces like door handles, toilet seat, flusher or tap. Discard paper used to touch surfaces safely in a dustbin.



3

Do not touch your face, eyes, nose or mouth until you have washed your hands.

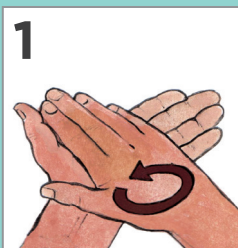


**Wash your hands well before and after using the shared toilet.**

### How to wash your hands

- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.
- If no soap and water available, use hand sanitiser instead.

20 seconds



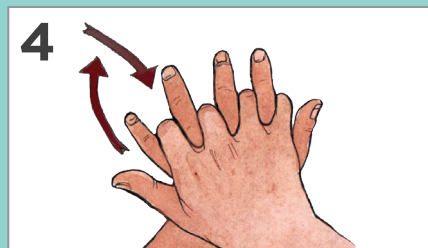
**1**  
Rub palms together.



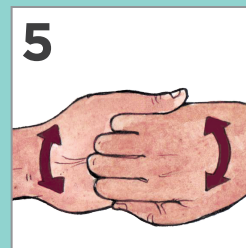
**2**  
Rub tips of nails against palm. Swap hands.



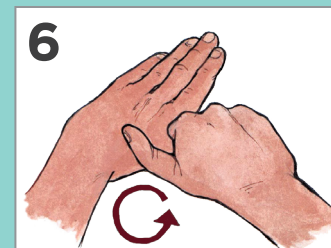
**3**  
Rub fingers between each other.



**4**  
Place one hand over back of other, rub between fingers. Swap hands.



**5**  
Grip fingers and rub together.



**6**  
Rub each thumb with opposite palm. Swap hands.

- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.

**Hotlines:**

**0800 029 999 or 021 928 4102 or 0800 111 132**

For more information:

[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)



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