

# PERSONAL HYGIENE

1



**Avoid touching eyes, nose and mouth without thoroughly cleaning the hands**



**Tips**

Hand washing should last for at least 20 seconds. If washing hand with water is not possible and there is no obvious dirt on your hands, your child can clean his/her hands with a 70-80% alcohol-based hand rub.

2



**Teach your child to pay attention to personal hygiene and wash hands frequently**

- Wash hands before and after meals, after using the toilet and after touching unclean objects
- Wash hands with handwash and water, and remember to clean fingers and wrists

3



**Teach your child to put the toilet lid down before flushing, then clean his/her hands thoroughly**

4



**Teach your child to cover the nose and mouth with a tissue paper when coughing or sneezing**

Thoroughly clean the hands afterwards