STOP THE SPREAD OF CORONA

PROTECT YOURSELF AND OTHERS

WASH YOUR HANDS FREQUENTLY AND THOROUGHLY WITH SOAP AND RUNNING WATER:

- After sneezing, coughing or blowing your nose
- When caring for the sick
- Before, during and after you prepare food
- Before and after eating
- After using the toilet
- After touching surfaces or objects (like doors including door handles, tables etc)
- After handling animals or animal waste
- As soon as you return home from outside

Contact us via: Kaduna State COVID19 Call Center
08051217710, 09058008251, 08118588175, 08118588176, 09032102632, 09087992015

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STEPS ON HOW TO WASH YOUR HANDS

1. Wet hands with running water
2. Apply enough soap to cover wet hands
3. Scrub the palm and back of hands
4. Scrub between fingers, thumb and under nails. Wash your entire hands for at least 20 seconds
5. Rinse thoroughly under running water
6. Allow hands to air dry

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