

Pigilan ang Mikrobyo, Manatiling Malusog!

Dalasan ang paghugas ng mga kamay at gumamit ng sabon at maligamgam na tubig

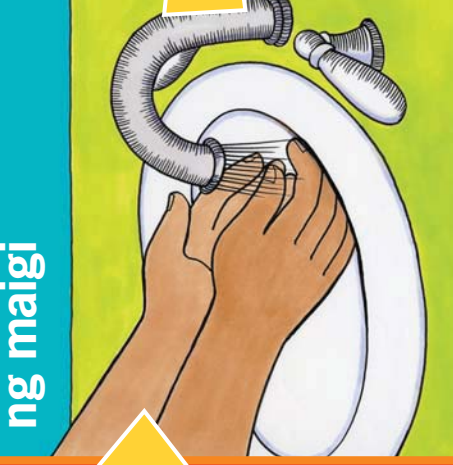
Gumamit ng sabon



Maghugas sa loob ng 20 segundo



Magbanlaw ng maigi



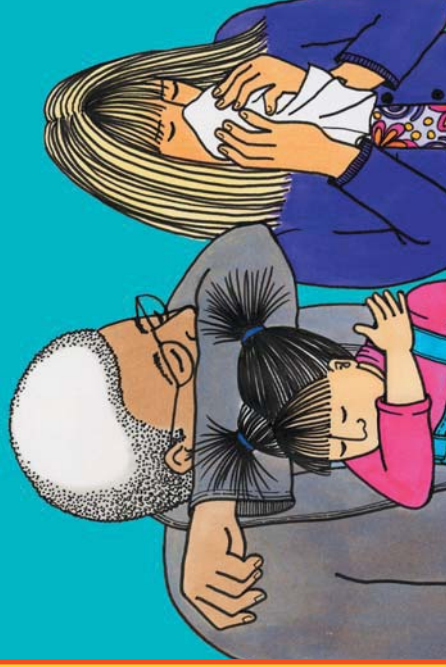
Patuyuin



Stop Germs, Stay Healthy!

- Wash hands often with soap and warm water
- Wash for 20 seconds, rinse well and dry
- Cover coughs and sneezes
- When sick, stay home

Magtakip ng bunganga kapag umubo at bumahin



Kapag may sakit, manatili sa bahay

