Covid-19 Prevention

WHEN TO WASH YOUR HANDS

From visiting the market.

From tilling your land.

After coughing and sneezing.

Before and after preparing food.

Before and after eating.

After handling money.

After visiting the toilet.

When caring for the sick and babies.

When hands are dirty.

After handling animals and animal waste.

Thoroughly wash your hands with soap, and running water for at least 20 seconds.

For more information Call 719 or Dial *719#

Practical ACTION

Big change starts small