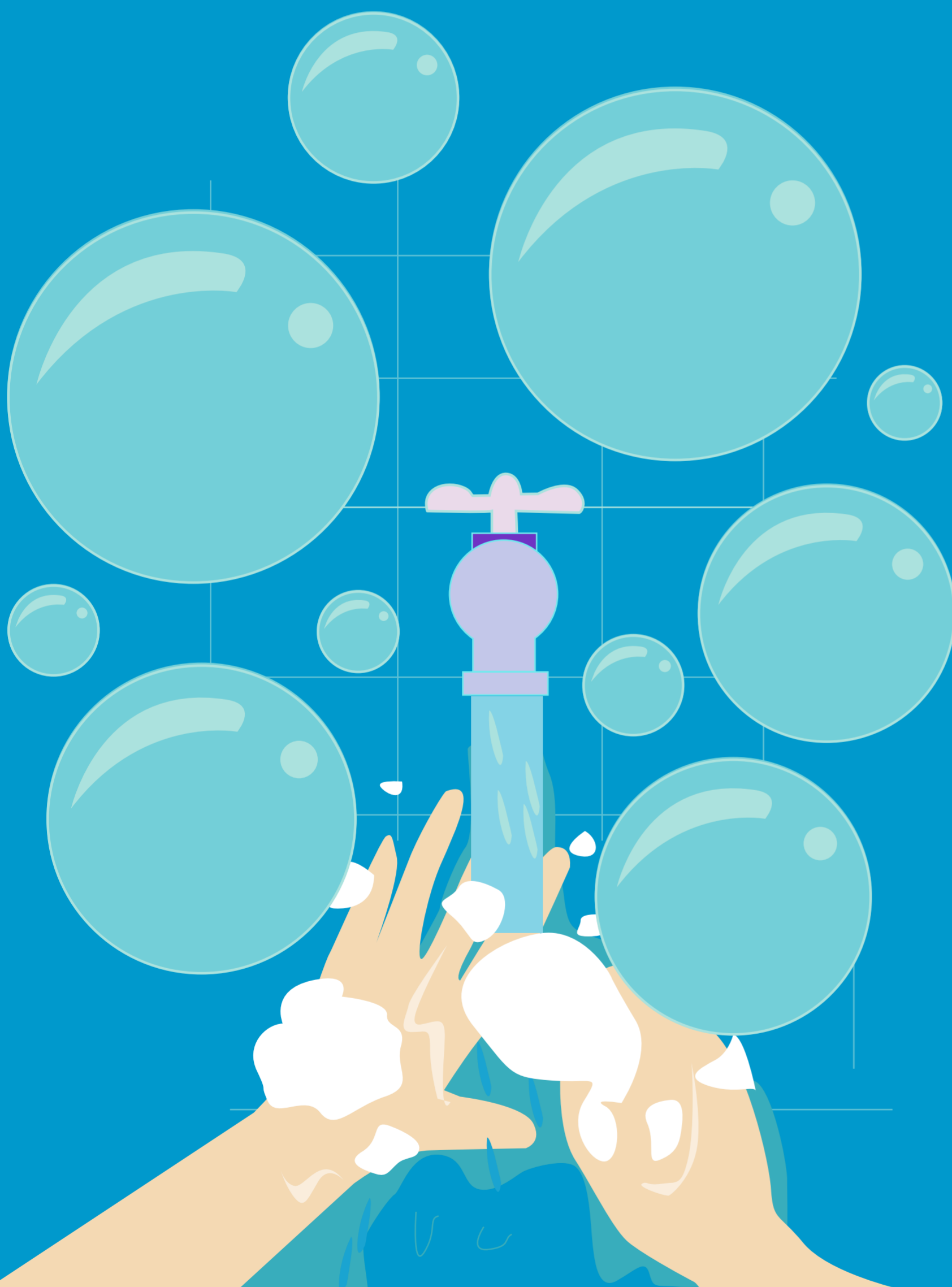


# PROTECT YOURSELF AND OTHERS FROM GETTING SICK

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

**PLEASE CONTACT THE FOLLOWING NUMBERS FOR ASSISTANCE**  
**NATIONAL HOTLINE- 8335, +251112765340**  
**UNHCC HOTLINE: +251929908433**