



UNIVERSITY OF
KWAZULU-NATAL™
INYUVESI
YAKWAZULU-NATALI

HYGIENE



Clean and disinfect frequently touched objects and surfaces using regular household detergents. Read the instructions on the detergents label.



Need to wash your hands, but there is no soap and water?

Use an alcohol-based hand sanitiser with at least 70% alcohol

STOP THE SPREAD

1

Disinfect surfaces to kill the virus and protect yourself and others.

2

Clean your hands with an alcohol-based hand rub or wash them with soap and water.

3

Avoid touching your eyes, mouth and nose.