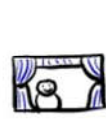


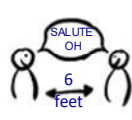
5 THINGS DEM WEY PERSON FIT DO FOR PROTECT HE SELF FROM COVID-19



SHIDON FOR HOUSE



YOU FIT JOLI FOR PLACE DEM FOR OUTSIDE WEY NOISE NO DEY DEY



IF YOU AND PERSON WANT SALUTE, MAKE WUNA TANAP FAR WAY (2 METERS)



WAKA WITH YOUR DOG



YOU FIT: SHIDON SLEEP FOR HOUSE



YOU FIT: LOOK TELEVISION



YOU NO FIT: USE PUBLIC TRANSPORT

AVOID CROWDS

WHEN:

- ✓ IF YOUR BODY NO DEY FINE
- ✓ IF YOU DI HEAR FINE FOR YOUR BODY
- ✓ SOTHEY THE SICK COME FINISH FOR WUNA AREA

HOW:

- ✓ 'CROWD' NA PLACE WEY PLENTY PEOPLE FLOP FOR DEY
- ✓ 'PLENTY' MEANS SAY WUNA NO FIT TANAP 2 METERS APART
- ✓ IF YOU AND PERSON WANT SALUTE, MAKE WUNA HAND THEM NO TOUCH
- ✓ E BE IMPORTANT EVEN FOR PERSON WEY NO DEY SICK

SHIDON FOR HOUSE IF YOU DEY SICK

WHEN:

- ✓ FEVER
- ✓ COUGH
- ✓ YOU NO DEY BREATHE FINE

HOW:

- ✓ SHIDON FOR HOUSE EVEN IF BETTER DON DEY FOR YOUR SKIN SOTHEY DOCTOR COME TALK SEY MAKE YOU COMOT
- ✓ CALL DOCTOR BEFORE YOU WANT GO HOSPITAL
- ✓ NO GO PUBLIC PLACE THEM LIKE SCHOOL OR WORKPLACE
- ✓ NO USE PUBLIC TRANSPORT LIKE TAXI, OKADA OR BUS
- ✓ WEAR MASK IF YOU WANT COMOT HOUSE



HAND FOR DOOR



TAP DEM



TOILET SEAT AND COVER DEM



LIGHT SWITCHES DEM



ONTOP COUNTER AND TABLE DEM



PHONES AND REMOTE CONTROL DEM

CLEAN ALL PLACE WEY DEM DI SO SO USE AM

WHEN:

- ✓ ONE TIME EVERY DAY
- ✓ DEM DON OVER USE AM
- ✓ IF PERSON WEY DEY SICK USE AM

HOW:

- ✓ SOAP WITH WATER WEY HE CLEAN GO CORRECT
- ✓ CLEANING ALCOHOL, WEY HE DEY FOR AT LEAST 70%
- ✓ USE 20 ML (4 TEASPOON) PARAZONE WEY DEM DON DILUTE AM INSIDE 950 ML WATER



INSIDE TISSUE, HANDKERCHIEF OR SOME SMALL PIECES



YOU GO USE SLEEVE FOR YOUR CLOTHES OR YOUR ELBOW

COVER ALL COUGH AND SNEEZE DEM

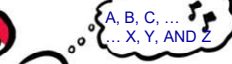
WHEN:

- ✓ IF YOU DEY SICK
- ✓ IF YOU GET ALLERGIES DEM
- ✓ IF YOU DON WANT COOK PUT PLENTY PEPPER INSIDE CHOP

HOW:

- ✓ TROWEY TISSUE WEY YOU DON USE AM INSIDE DUSTBIN
- ✓ WASH YOUR HAND THEM ONE TIME

20 SECONDS



SING THE ALPHABET

BEGIN DEY DASO WASH YOUR HANDS DEM

WHEN:

- ✓ AS YOU DEY ENTER ANY HOUSE
- ✓ AS YOU REACH YOUR HOUSE
- ✓ AS YOU USE BATHROOM
- ✓ IF YOU DEY SOME PLACE WEY PLENTY PEOPLE DEM FLOP DEY
- ✓ IF YOU SNEEZE OR COUGH
- ✓ IF YOU ENTER BUS, TAXI, OKADA,
- ✓ IF YOU DI WANT CHOP OR YOU DI WANT COOK

HOW:

- ✓ SOAP WITH WATER NA HE FINE PASS ALL TIN DEM
- ✓ HAND SANITIZER BE OK
- ✓ ALL TWO SIDES FOR YOUR HANDS DEM
- ✓ UNDER YOUR NAILS DEM
- ✓ IN BETWEEN YOUR FINGERS DEM
- ✓ NO FORGET YOUR THUMBS DEM
- ✓ LEAVE AM MAKE HE DRY WELL WELL

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