Watch where you touch

Masking up is well and good, but be aware that germs and viruses (including the 2019-nCoV) can spread in many ways. This is why clean hands are important and you should avoid touching your face, eyes and mouth unnecessarily.

Where germs can lurk

- Hands
- Digital devices
- Door knobs
- Handrails
- Outside of masks
- Dirty tissues

Dirty hands can transfer germs when you touch your face

- Eyes
- Mouth
- Nose

NUHS
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