



Hygiene tips

for preventing the spread of infectious diseases



Disinfect surfaces

Wipe down trolleys, card machines, tills and other commonly touched surfaces frequently.

Don't touch your face

Don't pick at healing wounds, blemishes and avoid rubbing your eyes and nose.



Cover-up

Cover your mouth and nose with a tissue when you sneeze or cough, then dispose of it.



Keep your personal space

Avoid physical contact with others and maintain social distancing.



Let's prevent the spread and **stay healthy** together. Visit www.lifeisagarden.co.za or scan this QR code for more info.

