

# Everyone should be informed of the facts of COVID 19.

## **We are all in this together.**

**MYTH**

Drinking sanitiser or bleach  
can prevent/treat

**FACT**

Drinking sanitiser or bleach  
cannot prevent or treat  
COVID-19 and is very  
harmful to your body. Hand  
sanitizers should only be  
used to kill the virus on the  
surface of your hands.



We protect each other by: practicing physical distancing, staying at home (if you don't feel well)



Frequent handwashing  
with soap for at least 20  
seconds



Wearing a cloth covering  
over our nose and mouth  
in public places



Coughing or sneezing  
into your elbow



Practice physical  
distancing by maintaining  
1 metre distance  
between you and others



Avoid touching your  
eyes, nose and mouth



Stay at home if  
you feel sick