



# SELF CARE TIPS

## ON HYGIENE AND SANITATION

- **Handwashing**
- **Proper food handling**
- **Personal hygiene**
- **Oral hygiene**
- **Sanitary handling of waste**
- **Clean and safe water**
- **Sanitation facilities**
- **Respiratory hygiene**
- **Clean and disinfect surfaces**
- **Personal protection**