






























	For Hand Hygiene		For Disinfecting Surfaces				<b>TIPS</b> 
	Soap & Water	Alcohol-based Hand Sanitiser (at least 60%)	Alcohol (e.g. Isopropyl/ Ethyl Alcohol 70%)	Benzalkonium Chloride (in common cleaning agents)	Chloroxylenol (ingredient in Dettol®)	Sodium Hypochlorite (in bleaches)	
 <b>Getting around</b> (e.g. taking public transport)							
 <b>Travelling by air</b>							
 <b>Cleaning the house or workplace</b> (e.g. doorknob, windows, desk, phone, keyboard)							<ul style="list-style-type: none"> <li>Keep windows open for ventilation.</li> <li>Wipe all frequently touched areas &amp; toilet surfaces and allow to air dry.</li> <li>Use alcohol as a replacement when the use of bleach is not suitable.</li> </ul>
 <b>Going to school</b>							
 <b>Cleaning mobility aid(s)</b> (e.g. wheelchair, quad cane, walking stick)							
 <b>Eating out</b> (e.g. at coffee shop, hawker centre, restaurant)							<ul style="list-style-type: none"> <li>Use a serving spoon when sharing food</li> </ul>
 <b>Exercising</b> (e.g. at a public fitness corner or gym)							<ul style="list-style-type: none"> <li>When exercising, prepare a spare towel &amp; wipe down the equipment after use to remove perspiration from the equipment surface.</li> </ul>
 <b>Visiting a healthcare institution</b>	