SOAP = SAFETY

Washing your hands thoroughly with soap is the most effective to avoid infectious disease and prevent transmission of bacteria and certain viruses, notably **CORONAVIRUS (COVID-19).** It's better to use solid soap rather than liquid, because liquid soap is frequently watered down which makes it less effective. However, even liquid soap is better than nothing. If soap is unavailable, then washing with ash is better than washing with water alone.

Thorough hand-washing, especially with soap, is a vital weapon against **Coronavirus**.

For our communities to stay healthy, we must always encourage people to use soap diligently. This simple step can save lives, especially of those of our children, our women and our elderly. Our slogan is *"Washing Hands Kills Disease" - CORONAVIRUS,* Cholera, Typhoid, and other microbes, through washing with soap or, if that is unavailable, using ashes.

IMPORTANT ADVICE: For **Coronavirus**, it's very important to **avoid gathering in groups, shaking hands, or touching and hugging**, etc. It's also important to **disinfect our houses**.

If you sneeze or cough, cover your nose or mouth with your elbow or hand. **Avoid touching your face without first washing your hands with soap**, to avoid transferring microbes to your mouth and nose. **Avoid people from outside your household until the epidemic is declared over in your country**. If you become ill, *you must stay at home*.

Ash from wood used for cooking can be useful for hand-washing is no soap is available, although its effectiveness has not specifically been assessed for Covid-19. If you don't have soap you can wash your hands with ashes, because ashes let you safely remove dirt, microbes and other contaminants from your hands. Thorough hand-washing, ideally with soap, helps us maintain our health, take care of our homes and possessions, and make our environment more pleasant.

This simple, inexpensive measure can prevent much illness and improve our health generally, as well as preventing **Coronavirus** which is causing so much illness and death for too many families in the world.

Join us in the fight against CORONAVIRUS! *Prevention is better than cure.*