



Home Safety Tips To Prevent Infectious Diseases



Clean all surfaces periodically with effective cleaners.



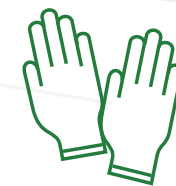
Wash hands regularly with soap and water, or with alcohol sanitizer.



Clean and sanitize any household item or product.



Educate the support staff at home on preventive measures, provide them with disinfectants, and teach them how to use them properly.



Wear gloves during the cleaning process and dispose of them properly.

حكومة الشارقة
هيئة الوقاية والسلامة

Government of Sharjah
Prevention And Safety Authority



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Raise awareness of family members about prevention methods applied inside and outside the home.



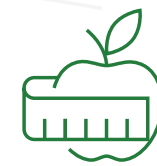
Cover the mouth and nose when sneezing or coughing and wash hands afterwards to prevent the virus from spreading.



Ensure regular physical activity.



Get enough sleep.



Follow a healthy diet.