

Practice good hygiene year-round in Antarctica.



COMNAP

How to PROTECT YOURSELF and others

If you are not feeling well,
let the station leader know.

Cough or sneeze into your elbow or by
covering mouth and nose with tissues.

Put used tissues in the bin or a
bag immediately.

Wash your hands with soap and
water often.

Try to avoid close contact with people
who are unwell.

Don't touch your eyes, nose or mouth
if your hands are not clean.

Clean and disinfect frequently touched
surfaces and objects, such
as door handles.

Be kind to one another.