



# WHEN YOU USE A SHARED TAP OR TOILET

## **Always wear a mask.**

Keep your mask on, and do not touch your face or nose, eyes or mouth, or phone while using the toilet.

## **Keep a safe distance from other people (e.g. in the queue).**

That is 1,5 m, which is about the same as the length of two adult arms stretched out.

## **Cough or sneeze into your elbow**

or into a tissue or some toilet paper. Throw it in the toilet bowl and flush it away, or put it in a bin. Then immediately wash your hands with soap and running water.

## **Use toilet paper to open the toilet door and lid, not your bare hands.**

Throw or flush toilet paper in the toilet when you are done. If you use newspaper to do this, do not flush it down the toilet, because it will block the drain. Rather put it in the nearest bin.

## **Wash your hands for 20 seconds with soap and water**

immediately after using the toilet, and don't touch your face or anything until your hands are clean. Or use a Squeezy Bottle or Tippy Tap.

## **Clean the tap with soap and water while washing your hands**

so that you do not dirty or contaminate your hands again when you close the tap. This also leaves it clean for the next person.

## WHEN AT HOME

- Make a habit of washing your hands with soap and water regularly throughout the day, thoroughly for 20 seconds. This habit will keep you and others healthier.
- Use a Squeezy Bottle or Tippy Tap as a convenient and water-saving way to keep your hands and household surfaces clean.
- Disinfect surfaces regularly with a diluted bleach (e.g. Jik) mixture, for door handles, tables, appliances (kettles, fridges, ovens) and cupboards. Alternatively, use soap and water. Make a diluted bleach solution by mixing 6 teaspoons of bleach in 1 litre of water. Mark the container clearly and keep it out of the reach of children and animals.

For more information about how to make and use Squeezy Bottles, Tippy Tap or bleach mixture, go to [www.capetown.gov.za/coronavirus](http://www.capetown.gov.za/coronavirus)



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