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اكاديمية فقيه الطبية  
Fakeeh Care Academy

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مجموعة فقيه للرعاية الصحية  
Fakeeh Care Group



# Hygiene for Prevention

## Hygiene for Prevention

### Hand washing

Keep your hands clean by washing them regularly with soap and water or sanitizer, especially after using the toilet, before handling or eating food and after touching unclean objects. This is important to remove germs.

### Wear a mask

- Wear a mask especially when you are sick or in crowded places.
- Wash your hands before putting it on, and handle the mask only by its straps when putting it on or taking it off.

### Sneezing

Cover your mouth and nose with a tissue when sneezing. If no tissue is available, sneeze into your elbow—not your hands.

### Shower hygiene

Take regular showers to stay fresh and remove bacteria and dead skin cells.

### Nail hygiene

Trim nails regularly to avoid injury. Keep them clean to protect yourself from germs.

### Teeth hygiene

- Good dental hygiene helps prevent tooth decay and reduces bacteria buildup.
- Brush your teeth twice daily for two minutes—before bed, after waking up, and after meals.

**Drink water regularly and keep a bottle with you to stay hydrated.**

**Take your needed medication with you.**

**For medical emergencies, please call 997.**

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