

فقيه.

أكاديمية فقيه الطبية
Fakeeh Care Academy

فقيه.

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group



Hygiene is a prevention



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Hygiene is a prevention

Hands washing

Keep your hands clean by washing them regularly with soap and water or sanitizer, especially after toilet, when handle food or eating it, and when carry or touch not clean things, this is important to remove germs.

Wear a mask

- Wear a mask especially when you are sick or in crowding places.
- Wash your hand before putting on, then touch only the band when putting on and taking off your mask.

Sneezing

When sneezing covers your mouth by using a tissue or sneeze into your elbow, not your hands.

Shower hygiene

Take a shower to be smelly good and rinsing away bacteria and dead skin cells.

Nail hygiene

Trim nails regularly to avoid injury and keep it clean to protect yourself from germs.

Teeth hygiene

- Teeth hygiene help prevent tooth decay and eliminate bacteria and germs from buildup.
- Brush teeth twice a day for 2 minutes, before and after sleeping, and after meal.

Always drinks a water and keep it with you, to keep the body hydrated.

Take your needed medication with you.

For emergency and medical help, please call:

997

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