

# IN THIS HYGIENE KIT YOU WILL FIND:

A set of items designed to keep you  
safe and prepared to stop the spread of  
**COVID-19.**

## PERSONAL HYGIENE

### SOAP

Help yourself & your loved ones stay healthy by washing your hands frequently for 20 seconds with soap & water. Key times to wash hands: before, during, and after preparing food, after using the toilet, after changing diapers or cleaning up a child who has used the toilet, after blowing your nose, coughing, or sneezing.

### DETERGENT

Laundry detergent is used to clean clothes and cloth masks. Clothes and cloth masks should be washed frequently especially after going outside or interacting with other people.

SOAP



## HOUSEHOLD WASHING

### DISH RAG/ SPONGE

Sponges are used to clean dishes and kitchen items. Wet the sponge with clean water, add dish-washing liquid and use in a circular motion to clean and disinfect items for at least 20 seconds. To clean your sponge/dish-rag soak in warm water mixed with bleach for one minute. Dry.



### DISH WASHING LIQUID

The purpose of dish-washing liquid is to clean dishes, cups, and utensils after use. Dishes, cups, and utensils should not be shared and should always be washed after use.



### BUCKET

The bucket can be used for cleaning purposes such as cleaning your cloth mask and clothes.

