



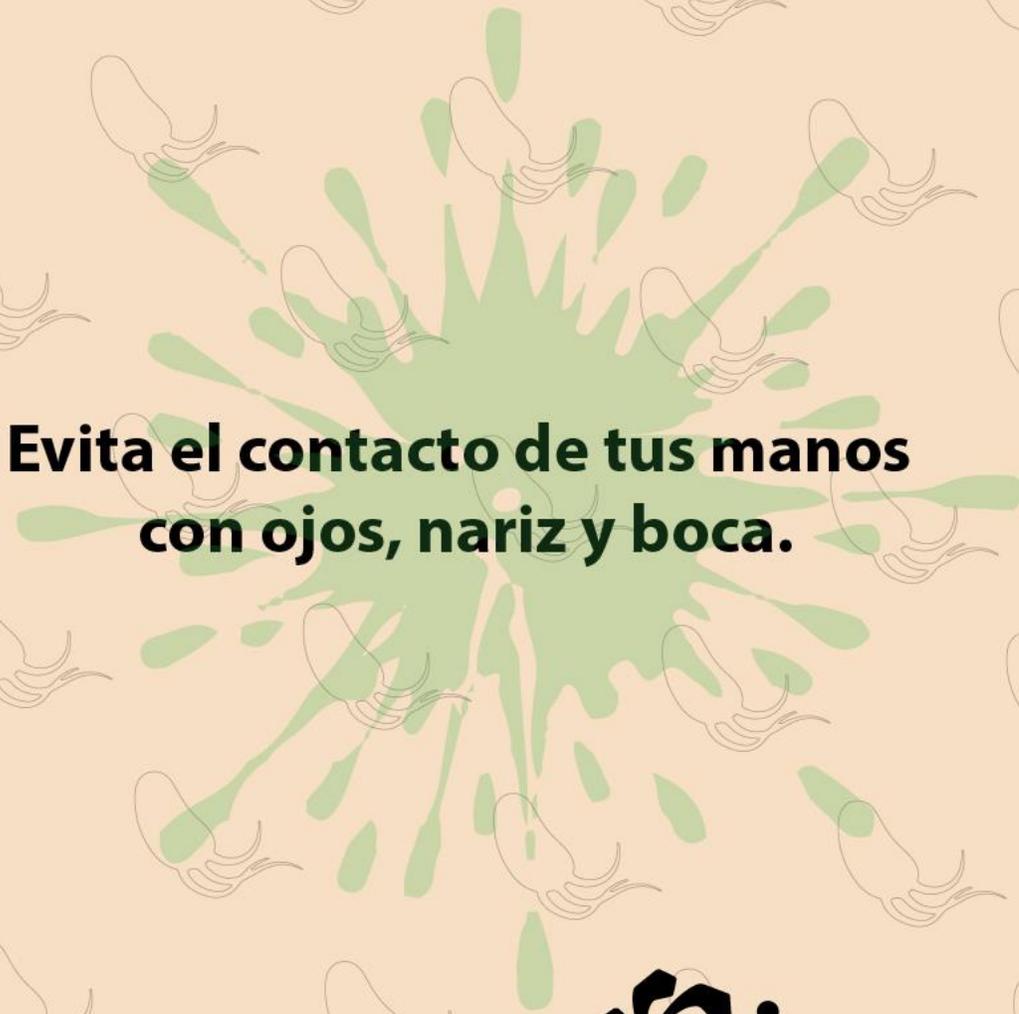
**Lava bien tus manos y frecuentemenete.  
Antes de preparar alimentos e ingerirlos,  
después de sonarte, toser o ir al baño.**

An illustration of a man with black hair and a worried expression, wearing an orange long-sleeved shirt. He is sneezing into the inner fold of his left elbow. A large, vibrant green splash of liquid, representing germs, is shown coming from his elbow. The background is a light beige color with a repeating pattern of small, white, stylized hand-drawn germs. The text is centered in the middle of the image.

**Al estornudar o toser usa un pañuelo o el pliegue interior del codo**

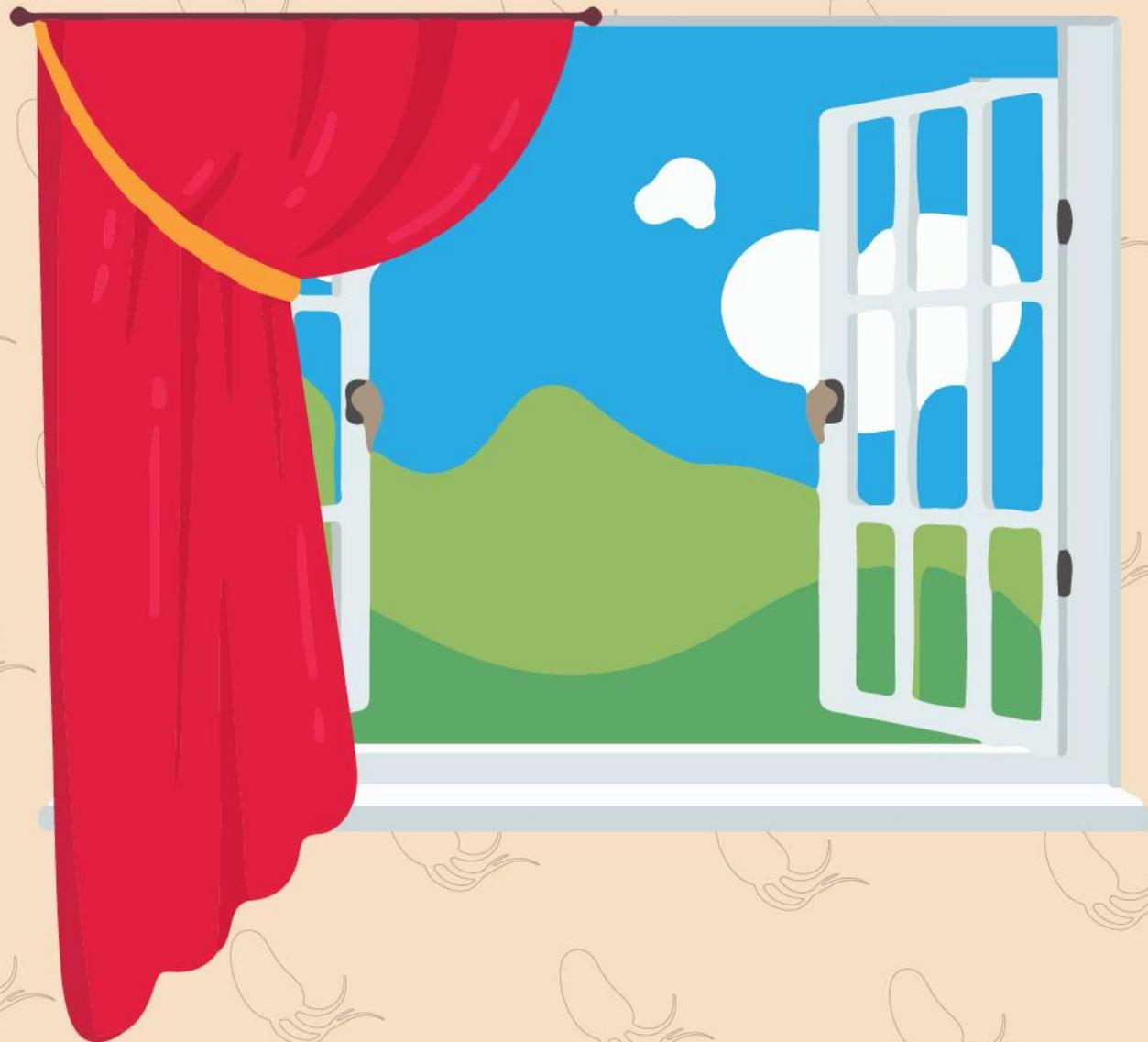


**Evita el contacto de tus manos  
con ojos, nariz y boca.**





**Consume alimentos ricos en Vitaminas A,B y C. También verduras verdes que contienen propiedades antivirales para ayudar a mantenerte sano.**



**Ventila los ambientes más  
concurridos de tu hogar.**

 **indumil**  
Colombia