



# Horōia ō ringaringa, patua te Kowheori-19

- Whakamahia te hopi – whakahopihopitia ō ringaringa
- Kia 20 hēkona te roa o te horoi ringaringa
- Āta whakamarokehia ō ringaringa
- Kua mutu koe, hoake!

## Wash your hands and beat Covid-19

- Use soap – get a good lather
- Wash for 20 seconds
- Dry your hands all over
- You're good to go!



Kia atawhai  
Be kind

COVID19.govt.nz assets:



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