



10 EASY
TIPS
for a healthier life

 **10** EASY TIPS
for a healthier life

Canal 
Voluntarios

Wash all containers
before filling them
with water.





10 EASY TIPS

for a healthier life

Canal
Voluntarios

Canal
de Isabel II
gestión

Protect drinking
fountains.



 **10** EASY TIPS
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Canal
Voluntarios 


Canal
de Isabel II
gestión

Drink only water
that has been
boiled, chlorinated
or purified.





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gestión

*Cover containers
containing water.*



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gestión

Wash your hands
with water and soap
and up to your elbows.



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Canal
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gestión

Wash your entire
face with
water and soap,
including your eyes.

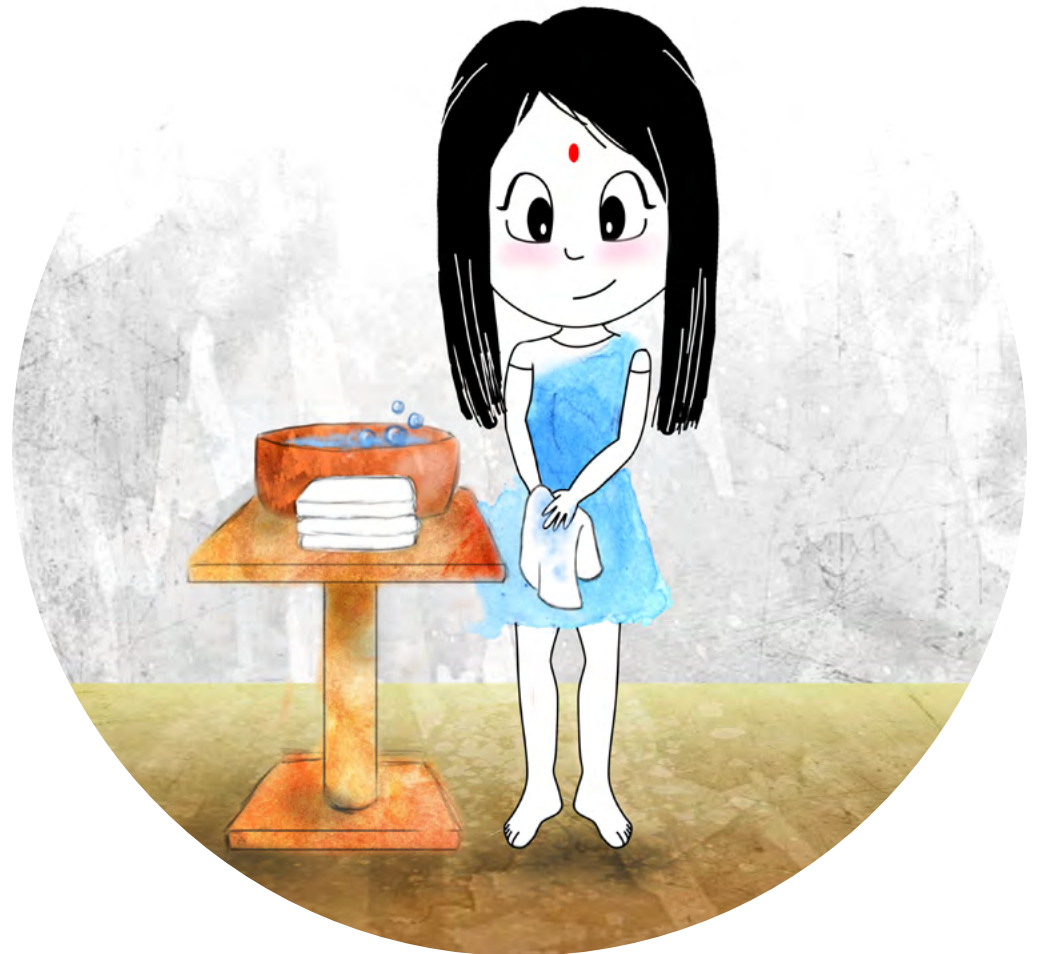


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Canal
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Do not dry your
hands on your clothes.
Use clean material
to do so.



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Wash the glasses
before reusing them.



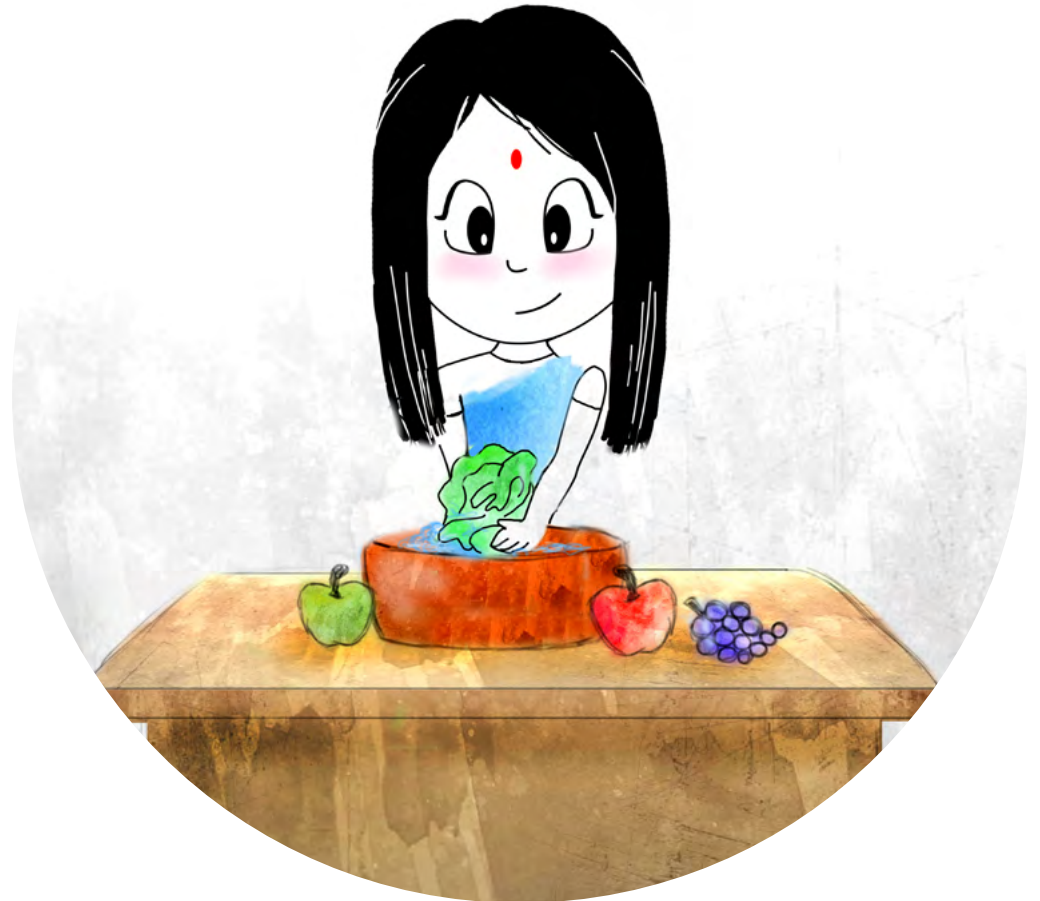


10 EASY TIPS
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Canal
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gestión

Wash the food,
especially fruits
and vegetables.



 **10** EASY TIPS
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Voluntarios


Canal
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gestión

Do not bathe
in stagnant water.

