

Hygiene Practices for Infection Prevention

CORONAVIRUS (COVID-19) FACTS AND SAFETY TIPS

Symptoms:

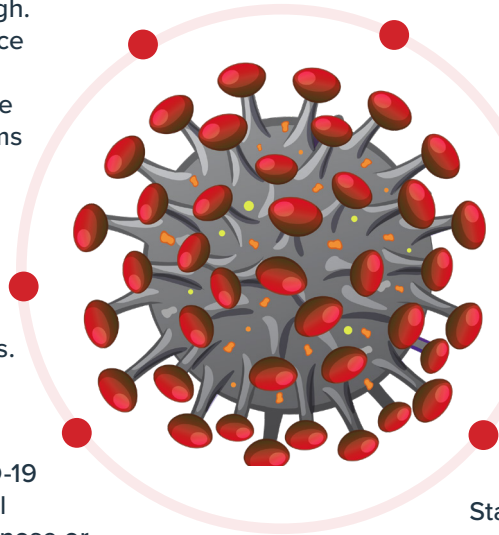
Fever, tiredness, or dry cough. Some people may experience aches and pains, nasal congestion, runny nose, sore throat, or diarrhea. Symptoms can appear 2-14 days after being exposed.

Who's most at risk?

The elderly and those with underlying health conditions.

How it spreads:

When someone with COVID-19 coughs or exhales and small droplets of liquid from their nose or mouth make their way to another surface or human.



What's the best way to avoid it?

Stay at least 6 feet away from anyone who is coughing or sneezing. Avoid touching your eyes, nose and mouth.

What if you're not feeling well?

The safest option is to stay home or seek medical attention.

Stay informed:

Stay in the loop when it comes to updates about the disease. Avoid areas that are reported to have COVID-19 cases.

WHAT SHOULD I DO?

Frequently wash your hands with soap and water.

Avoid touching your eyes, nose or mouth with unwashed hands.

Clean frequently touched surfaces like doorknobs and light switches.

Consult with your manager if you suspect that you are ill.

Avoid close contact with people who are sick.

- maintain your distance from others
- cover your coughs and sneezes with disposable tissues or clothing (like a flexed elbow)
- immediately dispose of used tissues and wash your hands

HAND WASHING STEPS



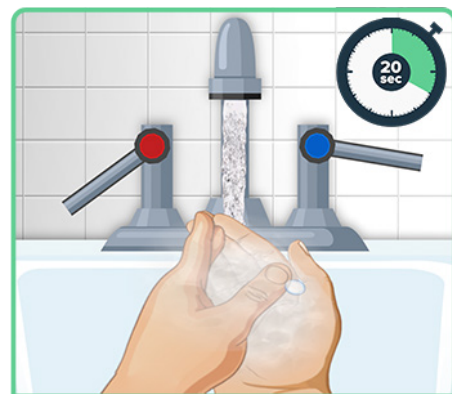
1 Wet your hands

Wet your hands with clean running water and turn off the tap.



2 Dispense Soap

Apply soap. Lather your hands by rubbing them together with the soap.



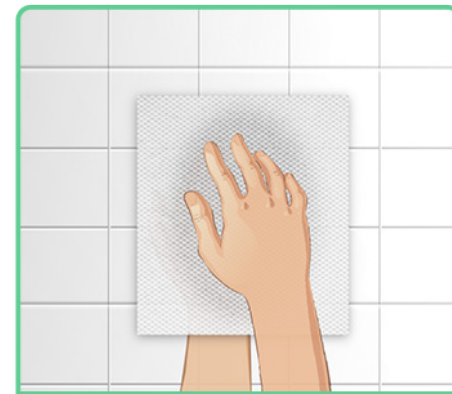
3 Lather and scrub

Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds.



4 Rinse your hands

Rinse your hands well under clean running water.



5 Dry your hands

Dry your hands using a clean paper towel.

Hand Washing Can Reduce:

the number of people who get sick with diarrhea by **23-40%**

the risk of getting respiratory infections, like colds, by **16-21%**

If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least

60% Alcohol