# Handwashing with soap 20 seconds

#### Coronavirus (COVID-19)

How to reduce the risk of infection in field work

Frequently wash both hands with soap and water for at least 20 seconds:

- Before and after work.
- Before eating and touching your face and nose.
- After using the toilet or touching dirt, dust, fluids and frequently touched surfaces.







- Cover your nose and mouth when you cough or sneeze.
- Use a tissue and dispose of it in a closed bin, or sneeze into your elbow. Then wash your hands with soap.
- Wear a mask in public.





# **Physical distancing** 2 metres

### Coronavirus (COVID-19)

- Avoid close contact.
- Maintain at least 2m distance when working in fields and factories (on the production line and in the canteen).
- Avoid group gatherings, stagger lunchtimes.
- Use non-contact greetings.







How to reduce the risk of infection in field work

Regularly clean sanitation facilities and frequently touched surfaces with disinfectant including door handles, mobile phones, hand rails, toilets, taps and drinking fountains.



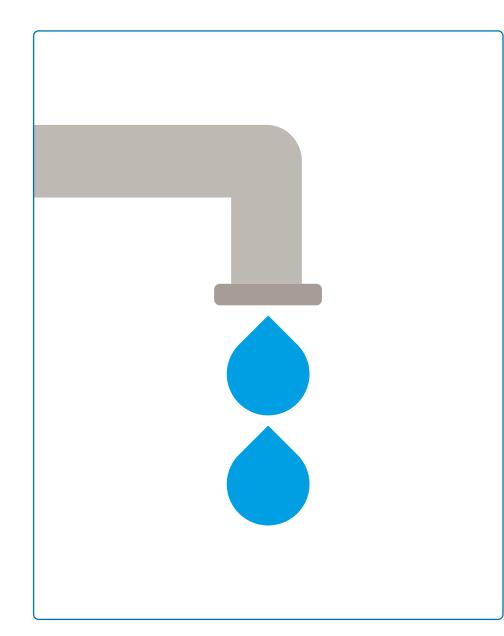




- If you feel unwell, stay at home.
- If at work, go to a designated isolation room and notify a manager. Seek immediate medical attention.







- Treated water is safe to drink.
- Only drink treated water.
- Do not share water bottles or cups with others.



