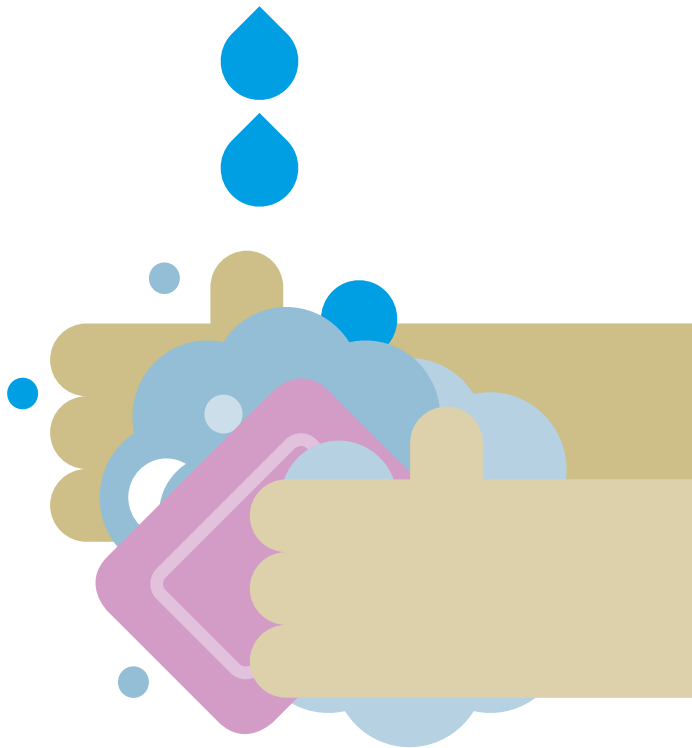**Handwashing with soap**

**20 seconds**

# Coronavirus (COVID-19)

**How to reduce the risk of infection in the workplace**

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 and any frequently touched surface like door handles and taps.

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## Respiratory hygiene



# Coronavirus (COVID-19)

**How to reduce the risk of infection in the workplace**

- 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.
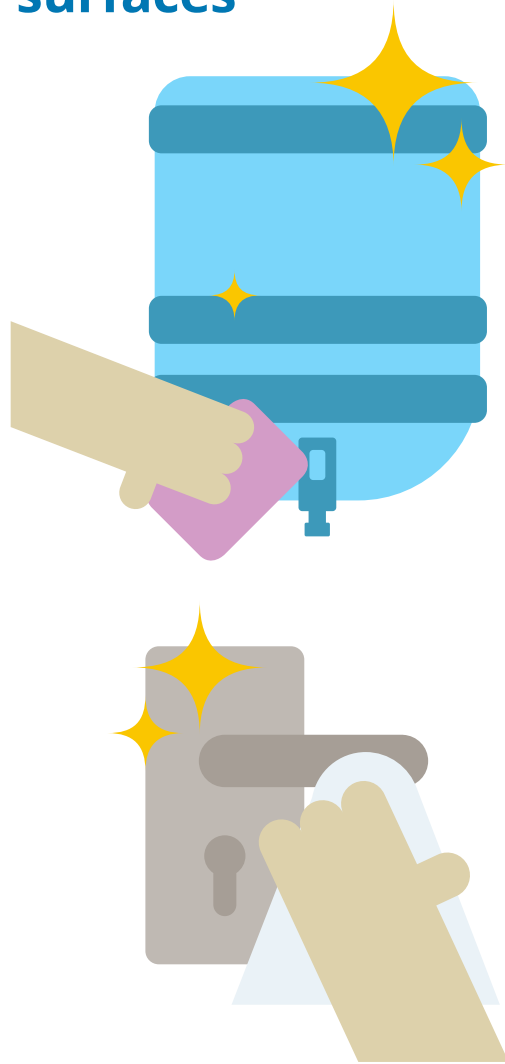
## Physical distancing

←→

**2 metres**

**How to reduce the risk of infection in the workplace**

- Maintain 2m distance at all times (WHO recommends 1m).

- Avoid close contact, group gatherings and meetings

- Stagger lunchtimes and use non-contact greetings.

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**Clean surfaces**

# Coronavirus (COVID-19)

## How to reduce the risk of infection in the workplace

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

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# Coronavirus (COVID-19)

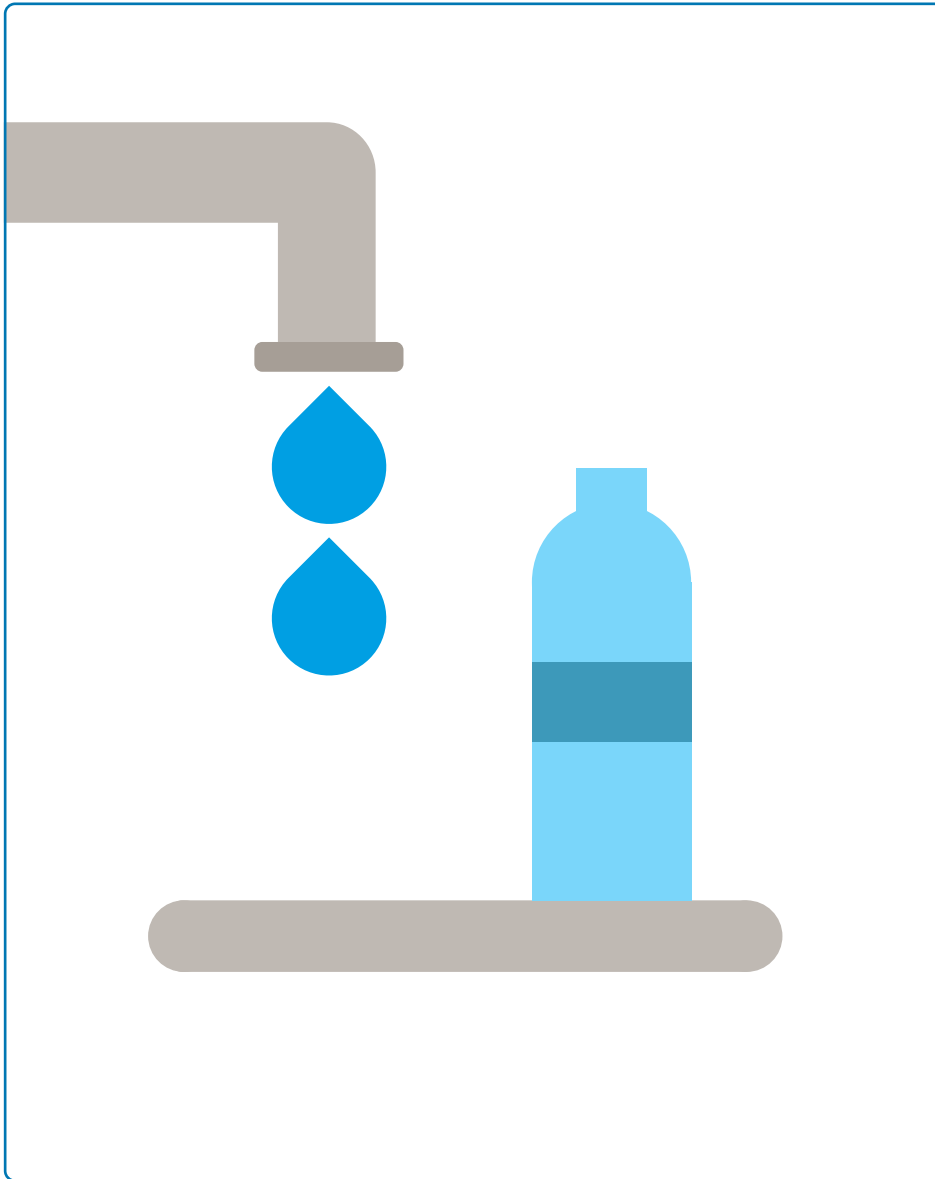**How to reduce the risk of infection in the workplace**

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

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# Coronavirus (COVID-19)

**How to reduce the risk of infection in the workplace**

Do not share water bottles or cups with others and clean-up after using a kitchen space.