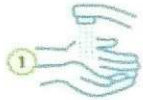


PERSONAL HYGIENE

What can I do to help combat COVID-19?

Take Action: Focus on standard infection control practices, training and compliance.

PRACTICE PROPER HAND HYGIENE >



WET
hands with clean running water, turn off the tap and apply soap.



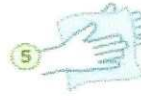
LATHER
the backs of hands, between fingers and under nails.



SCRUB
for at least 20 seconds.



RINSE
hands well under clean running water.



DRY
hands using a clean towel or air dryer.



IF SOAP AND WATER ARE NOT AVAILABLE, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

ENVIRONMENTAL HYGIENE

HARD SURFACES:



1 CLEAN
Remove organic material for effective disinfection.



2 RINSE
Rinse off detergents.



3 DISINFECT
Use a properly registered disinfectant.

FREQUENTLY TOUCHED OBJECTS:



CONSIDER PROVIDING DISPOSABLE WIPES for easy and frequent