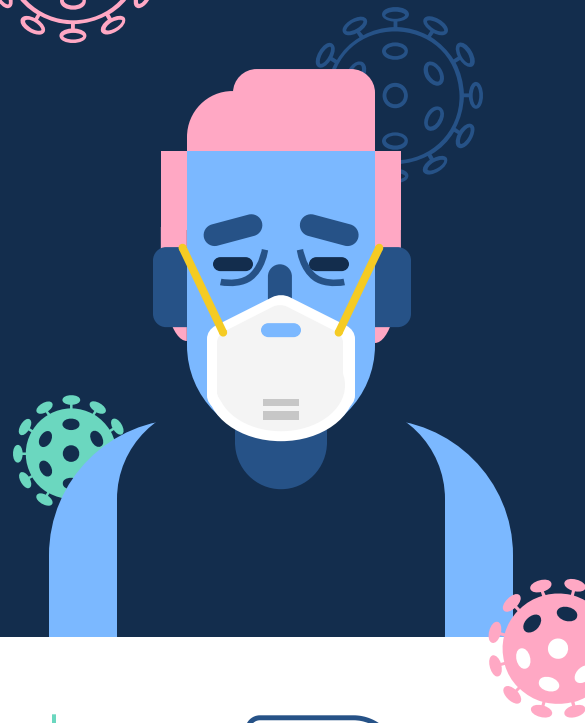


► Protective Measures

SURVIVAL GUIDE 2020

Coronavirus (COVID-19)



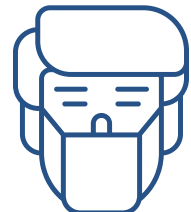
Wash your hands

frequently and thoroughly, for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cover your mouth and nose

with a tissue or into your elbow when you cough or sneeze then throw the tissue in the bin and wash your hands.



Wear a face mask

if you have respiratory symptoms or are caring for someone with respiratory symptoms. Stay home when you are ill.



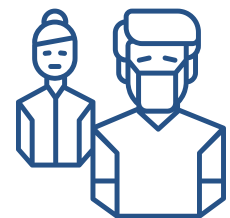
Clean and disinfect

surfaces and objects that people frequently touch.



Avoid touching

your eyes, nose, and mouth with unwashed hands.



Avoid close contact

with people who are sick, sneezing or coughing.



Correct Handwashing

Reduce pathogen transmission associated with washing and drying hands by providing sufficiently large sinks, disposable soap containers and hand-drying towels.



Moisture Control

Implement design strategies to limit moisture accumulation and the potential of mold growth from water infiltration and condensation within buildings.



Air Filtration & Mold

Implement adequate air filtration and document a maintenance protocol for installed filters.

Implement ultraviolet air treatment



Enhanced Ventilation

Implement advanced ventilation strategies such as increased outdoor air supply, demand-control ventilation, displacement ventilation and advanced air distribution that can enhance air quality.



Water Purity

Meet performance thresholds for turbidity and coliforms for all water likely to come in contact with building occupants.

Provide drinking water that meets performance thresholds for dissolved metals, organic pollutants and disinfectants.



Stress Support

Identify and mitigate sources of workplace stress and provide programs that support stress management.



Mental Health

Promote mental health awareness and support by making mental health education and training available.



Access to Nature

It is strongly suggested to get outside as much as possible but here are solutions if not attainable. Incorporate nature into the design of interior and exterior spaces by integrating plants, water, light and views, as well as natural materials, patterns, colors or images.

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