

Recommended hand hygiene steps to prevent the spread of Coronavirus

Follow these simple steps:


1



Wet hands and apply soap




2



Rub hands palm to palm



3



Fingers interlaced, rub palm to palm

4



Cusp back of fingers into opposing palm and rub side to side




5



Clasp right hand around left thumb & rub thumb in rotational manner



6



Rotational rubbing, backwards and forwards
* Continue Steps 2-6 for at least 20s *


7



Rinse hands under running water




8



Dry hands thoroughly



9



Sanitise your hands by rubbing them together, covering all surfaces

Symptoms

- A cough
- Shortness of breath
- Breathing difficulties
- Fever (high temperature)

Advice for people who think they may have coronavirus

1. Call ahead: your own doctor or call the Health Security
2. You may be asked to self-isolate
3. Your details may be passed to local health officials
4. You may then be tested for the virus
5. A doctor or nurse will give you advice on what to do next

For further guidance on how to manage the impact of coronavirus on your workforce, contact the team on:

1 (833) 247-3652