

12 STEPS TO KEEP CORONAVIRUS AT BAY



Hand Washing and Social Distancing Save Lives!

It is exceptionally important to protect yourself against the spread of COVID-19. Proactively and properly washing your hands, and practicing at least 6 ft of social distancing will help you and people around you stay healthy!

According to the Centers for Disease Control (CDC), hand hygiene is the #1 way to prevent infections!



wash your hands properly and frequently

- Wash your hands thoroughly with soap and water
- Lather with soap for at least 20 seconds before rinsing
- While washing pay attention to your fingertips, spaces between the fingers, and thumbs
- Wash your hands properly at least once per hour
- Always wash hands after using the restroom, before and after eating, being in public settings, and after removing protective gloves and other coverings
- Use a tissue or paper towels to close the bathroom faucet and open doors
- If you are sitting at your desk, or at home, it is recommended that you wash your hands at least once per hour!



Type of soap? Regular hand soap has been shown to remove bacteria and viruses effectively



don't touch your face

- This is the easiest way for germs to get into your body
- Your mouth, eyes, and nose are conduits for germs



cover your mouth

- When coughing and sneezing, cover your mouth with a tissue
- If a tissue is not available, cough or sneeze into your elbow
- Do not cough or sneeze into the palm of your hand
- Wash your hands/use sanitizer after coughing and sneezing



avoid touching public objects and spaces

- Avoid touching public objects with your fingers, including:
 - Elevator buttons
 - Light switches
 - Door handles
 - Faucets
 - Buffet food utensils (use your own fresh utensils)
- Use a tissue or paper towel if you do have to touch objects in public areas
- Do not shake hands with other people
- If a tissue is not available, use your knuckle or elbow
- Use hand sanitizer as soon as possible



work from home when possible

- Follow guidelines for working from home to limit the spread of infection
- Limit your non-essential trips outside as much as possible
- Stay home while you are sick except to receive medical care
- Wait to return to work until you are fully well and it is advised to do so



wear a face mask in public

- If you must leave the house use a face mask or face covering over your mouth and nose to protect yourself and others
- If a medical mask is not available, you can create your own face covering using a bandanna or other piece of fabric, a coffee filter, and rubber bands
- Make sure your mask fits tightly and do not adjust your mask while it is on your face to reduce the spread of infection



keep hand sanitizer and antibacterial wipes close

- Use alcohol-based hand sanitizer and antibacterial wipes often, and tell people around you to do the same
- Use hand sanitizer after touching communal doors, objects, public transportation handrails, and the like
- When sanitizing your hands, make sure to get coverage between the fingers, the fingertips, and thumbs



be aware of your surroundings

- Avoid close contact with other people
- Practice social distancing at all times, staying at least 6 ft from others
- Do not congregate in groups



disinfect your home and work area

Clean and disinfect your home and work area several times a day

Type of cleaner? Cleaner and disinfectant products such as Lysol have been shown to remove viruses and bacteria effectively



reconsider non-essential travel

- Cancel non-essential travel to limit your contact with infected persons
- If you must travel, use discretion when in public, and follow travel advisories
- Wash hands, use a face mask and use hand sanitizer often
- Carry antibacterial wipes onto the plane, and sanitize the surfaces and area around you
- Avoid physical contact with people while traveling



seek medical attention if needed

- If you are sick, or exhibiting cold- or flu-like symptoms, seek medical attention
- Call your physician office first, before visiting the office



practice social distancing

- If you do need to leave the house for an essential purpose, practice at least 6 feet of social distancing at all times
- Wear a face covering, like a mask, when you are around others
- Do not touch other people
- If you do not need to leave the house for essential items, or be around others, please stay inside at all times

For more tips visit www.cdc.gov



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