

# COVID-19 PRECAUTIONS

## WASH HANDS



After touching high traffic areas, such as:

- ATM machines
- Credit card machines
- Pens in shops & restaurants
- Stair railings
- Supermarket trolleys
- Door handles

## SANITISE

Or wash hands after social engagements, including:

- Shaking hands with anyone (although handshaking, hugging, kissing etc in social circumstances should cease altogether until the crisis has passed). If you feel you must touch each other, make it a fist pump bearing in mind that it is the ends of your fingers that are the most important zone when it comes to transmitting the virus into your own body by means of contact with your mouth, nose or eyes.
- Arriving home – thereby preventing transmission into your home.
- Arriving at the homes of family and friends – thereby preventing transmission into their homes.
- Ask visitors to wash their hands when departing from your premises.



## PREVENT



Avoid going to grocery stores excessively. Compile a comprehensive list and shop as little as possible.

Carry your own paper towels to public toilets that do not provide individual paper towels. Never use towels or hand drying equipment. Once you have dried your hands, use the paper towel to open and close the door and then dispose of it.

When you have been out and about, carry hand sanitizer in your vehicle and sanitise your hands before even touching your steering wheel.

## EDUCATE

Educate your employees on prevention measures and make sure that they show no signs of illness when they arrive at work and immediately wash their hands thoroughly both when arriving and periodically thereafter.

If employees display any signs of illness rather send them home.

Make sure that any guests or customers are symptom free and that they wash their hands as a first port of call.



## CLEANSE



Make sure that any implements used by visitors such as glasses, cutlery and crockery are washed thoroughly after they depart – preferable in a dish washer.



For a period of some hours after visitors in your home and/or at work, treat areas as potentially infected and make sure that you – wash your hands regularly/wipe down high contact areas with a disinfectant wipe/be very conscious of not touching your mouth, nose and eyes unless you have washed your hands.

Don't use handkerchiefs or cloth – use paper tissues and change them regularly, particularly if you've been away from home. Cloths harbour bacteria & viruses.

