

PROTECT YOURSELF AND OTHERS FROM THE SPREAD OF RESPIRATORY DISEASES SUCH AS COVID-19, THE FLU AND MYCOPLASMA

PREVENTIVE MEASURES IN THE WORKPLACE

You should not come to work if you have a fever, cough or feel ill. Contact your supervisor and follow the instructions given by your employer.



Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash can immediately.

If you don't have a tissue, cover your mouth with your forearm when coughing or sneezing.



Wash your hands at all times. If there is no soap and water, use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose or mouth.



Clean and disinfect objects and surfaces daily, such as desktops, keyboards and phones, in order to eliminate germs.

Reference: <https://www.cdc.gov> , <https://www.paho.org>