

# PREVENTION OF CORONAVIRUS

*Good hygiene practices reduce infection risk*

## Recommended precautions

### 1 Clean hands

All staff should practice hand hygiene at key points in time to prevent the spread of germs.

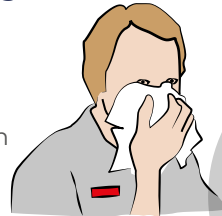


Wash with soap and water. This is an effective way to remove dirt and germs.



### 2 Coughing and Sneezing

Cover your nose and mouth with a tissue or use your elbow when you cough or sneeze.

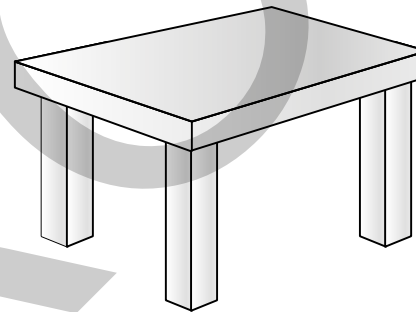


Dispose of the tissue then make sure you wash your hands.

Avoid touching your eyes, nose, and mouth with unwashed hands.

### 3 Clean and disinfect surfaces

During outbreaks, it is recommended to clean and disinfect more frequently than usual.



**REMEMBER:** Observe good hygiene practices at all times to reduce infection risk. Please inform your supervisor if you suspect there is a case of Coronavirus.

## Coronavirus (CoV)

Coronaviruses are a broad family of viruses named after the crown-like spikes on their surface. They typically cause mild to moderate upper respiratory tract disease in humans, but can also cause more severe infections such as pneumonia and other lower respiratory tract infections. There are some coronaviruses that can be transmitted from animals to people.

In Jan 2020 a novel CoV was identified in several hundred people in Wuhan China, most of whom had contact with the same seafood market in Wuhan. Person to person transmission is likely with coronaviruses and there is growing evidence of secondary transmission from person to person with this virus as well.