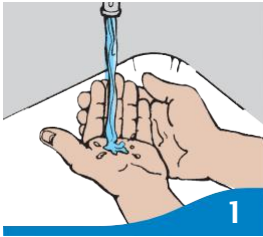




# Proper Hand-Washing

PROCEDIMIENTOS DE LAVADO DE MANOS



**Wet your hands with hot, running water (at least 100°F/38°C).**

Mójese las manos con agua corriente caliente (al menos, a 100°F/38°C).

1



**Apply soap.**

Aplíquese el jabón.

2



**Scrub hands and arms for at least 20 seconds. Clean under fingernails and between fingers.**

Lávese las manos y los brazos por lo menos veinte (20) segundos. Lávese debajo de las uñas y entre los dedos.

3



**Rinse thoroughly under running water.**

Enjuáguese las manos completamente con el agua corriente.

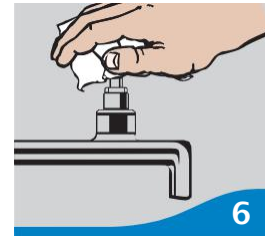
4



**Dry hands and arms with a single-use paper towel.**

Séquese las manos y los antebrazos con una toalla de papel descartable.

5



**Turn off faucet using paper towel.**

Cierre el grifo con la toalla de papel.

6

Everywhere It Matters.™

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# HOW TO PROTECT YOURSELF



There are currently no vaccines available to protect you against human coronavirus infection.

You may be able to **reduce your risk** of infection by doing the following :

- 1 Wash your hands** often and correctly.
  - The World Health Organization recommends performing hand hygiene with soap and water or alcohol-based hand rub if soap and water are not available.
- 2 Avoid touching** your eyes, nose or mouth with unwashed hands.
- 3 Avoid close contact** with people who are sick.
- 4 Avoid areas where live animals are being sold or raised** in regions where excessive cases are being reported.
- 5 Wear a mask and seek medical advice immediately** if you have a fever or other symptoms after traveling. Tell the doctor where you have traveled.



# HOW TO PROTECT OTHERS

If you have cold-like symptoms, you can **help protect others** by doing the following:



Washing your hands

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Covering your mouth and nose with a tissue when you cough or sneeze, then throwing the tissue in the trash and washing your hands

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Wearing a mask

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Seeing a doctor immediately

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Staying home while you are sick

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Cleaning and disinfecting objects and surfaces

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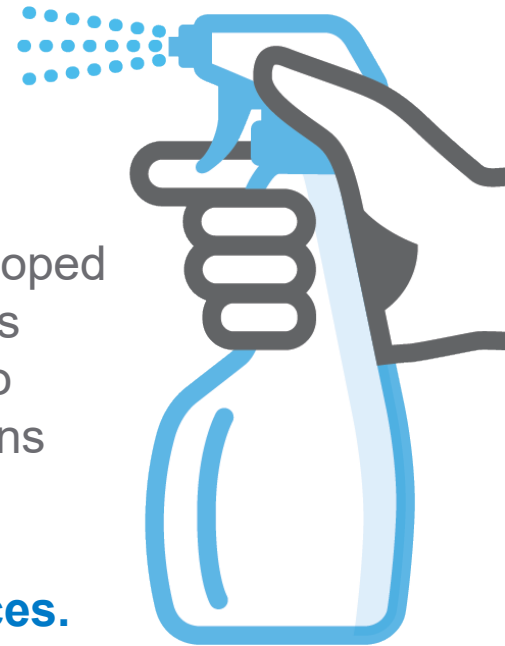
Avoiding close contact with others

# WHAT STEPS SHOULD YOU TAKE IN YOUR COMMUNITY?

- Ensure employee health and hygiene practices are in place, especially proper hand hygiene
- Disinfect hard surfaces and high-touch areas, including:
  - Railings
  - Doorknobs and handles
  - Restroom surfaces
  - Counters
  - Tabletops
- Ensure availability and proper training of personal protective equipment (PPE) where appropriate

## Good News

Coronavirus is an enveloped virus. Enveloped viruses are the least resistant to disinfection, which means **disinfectants can be used to effectively kill coronavirus on surfaces.**

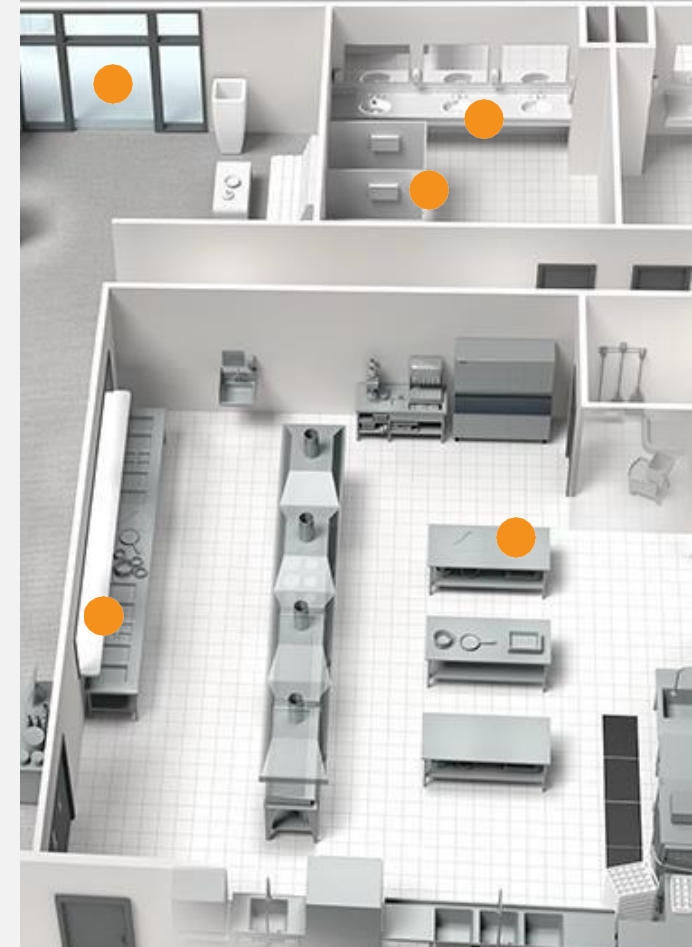


# ACTION PLAN FOR COMMUNITIES

- Follow local public health recommendations.
- Reinforce personal hygiene (hand and cough) throughout your organization.
- Provide hygiene materials such as soap, alcohol-based hand rubs and hand sanitizer stations to guests and employees.
- Clean and disinfect surfaces and high-touch objects with approved disinfectants.
  - Door Knobs and handles, hand rails, tables, chair backs, etc.
- Continue to follow food-contact surface procedures



**Identify your most vulnerable spots.**



# WHAT ABOUT FOOD SAFETY?

**Standard food safety practices are encouraged,** beginning with avoiding direct, unprotected contact with live animals and surfaces in contact with live animals.

- Avoid consuming raw or undercooked animals or sick animals.
- Avoid cross-contamination by properly handling raw meat, milk or other animal materials.
- Properly clean and sanitize food contact surfaces including hands and utensils.

**Currently, there is no evidence that 2019-nCoV is transmitted to humans through food.**



# WE'RE HERE TO HELP

Connect with your Regional team for:

- Questions on how to handle specific situations
- Additional training if needed
- Assistance in procuring supplies

