

PRACTICE GOOD HYGIENE

Everyone can help prevent the spread of infections by practicing good hygiene and is encouraged to implement the following measures:



Washing your hands often with soap and water for at least 20 seconds.



Avoiding touching your eyes, nose or mouth.



Avoiding close contact with people.



Coughing or sneezing into your sleeve or elbow and not your hands.



Reporting flu-like symptoms to your supervisor.