



**WASH YOUR HANDS!** Do it often, using ideally an anti-microbial handwash or soap. But, if these aren't available, use regular soap and handwash. **Wash hands for at least 20 seconds**, in the hottest water you can stand. Be fastidious.



Get yourself some **anti-microbial hand sanitiser**. Whilst it is good practice to use a **hand sanitizer** gel often anyway, **anti-bacterial hand sanitizer** does not work on viruses that you may have come into contact with. **Anti-microbial sanitiser** does, as do **high alcohol-based** sanitizers.

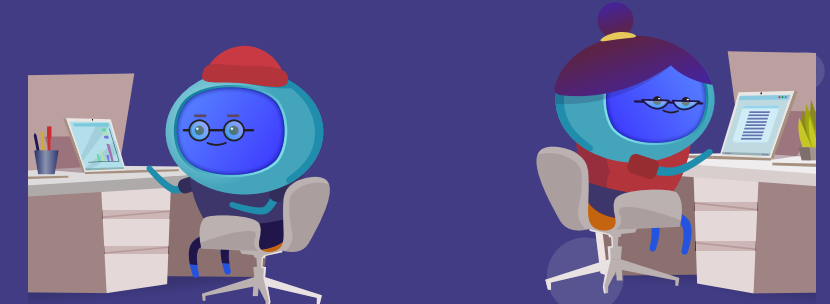


**Cover your mouth.** It's not only polite, but you'll protect others around you if you cough or sneeze. If you don't have a tissue, **use your bent elbow**.



**Avoid touching your face.** Easier said than done, but think about it. You're going to pick up all sorts of **viruses** and **pathogens** by touching surfaces such as **desktops, door handles** and **handrails**. They get into your body through mucous membranes that can be found in your eyes, nose and mouth. **Touching your face is a sure way to spread those nasties.**

# THE ROLE OF HYGIENE IN A PANDEMIC



←----- **6 FOOT DISTANCE** -----→

**Keep your distance.** If someone coughs and sneezes near you, the virus can spread through small liquid droplets. Not only gross, but dangerous. Around a **6-foot distance** or more if possible should be enough. If you maintain distance between others, then it's harder to transfer viruses.



**Sanitise your desk.** This includes your computer, phone, mobile, headphones, mouse and any other peripherals you may use. **Do this daily if possible.**



**Don't shake hands if you can help it.** I know, in the workplace, sometimes it's hard to avoid a handshake, but touching others is a great way to spread germs. **The World Health Organisation** recommends an **elbow bump** instead, but we prefer a Vulcan salute. Live long and prosper.



**Sneeze into tissues and bin them.** If the virus you have makes you sneeze, make sure you do it in a tissue, and bin it straight away. **Then wash your hands again.**

**iAM**

iamlearningcontent.com



Approved training provider 4206



Corporate Member