

# Simple precautions to avoid infectious respiratory diseases

Wash your hands several times a day with Soap. Keep your hands germs free using an alcohol-based hand sanitizer/rub.

- W**
- After blowing your nose, coughing, or sneezing
- h**
- After using the bathroom
  - Before preparing or eating food
- e**
- After gardening or other dirty tasks
  - Feeding or stroking your pet
- n**
- Before and after visiting or caring for a sick person.





## Gloves and face mask

Wear gloves and a face mask if in a public place where there is significant risk of infection, or if caring for an infected individual

## Always

Wash hands before wearing the gloves.

Wear clean or new gloves daily.

Wear tight facial mask and latex gloves while caring for an infected person.

Use a fresh pair of mask and gloves while caring for an infected person.

**Stay at least 2 to 3 feet  
away from someone who  
is coughing or sneezing.**

Sneeze and cough in your  
elbow, not in your hands. It will  
prevent to spread the virus on  
whatever you'll touch next with  
your hands.



Discard your used tissue immediately and avoid direct contact with others used tissue, handkerchiefs, towels, materials.

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At home, instruct everybody to use their own towels and handkerchiefs. Never touch family members used towels etc.

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Always use clean towel and never use a damp one as it is a favourite for the germs.





Clean your phones, keyboards, touchscreens, electric switches, doorknobs, desks regularly and even more often during an epidemic.



A close-up photograph of two people in business suits shaking hands. The image is slightly blurred and has a dark, semi-transparent overlay. The background shows a desk with papers and a pen.

Avoid shaking hands and hugging when sick and specially during an epidemic.

***“You can always politely decline a handshake or hug by expressing your concern for safety”***

# Do not



- Consume, slaughter, handle live animal until source of the pathogen is known.
- Touch healing wounds or blemishes, or squeeze pimples.
- Share dishes
- Share glasses
- Share cooking utensils
- Share personal items



# Read further:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.cdc.gov/infectioncontrol/basics/standard-precautions.html>

<https://www.health.harvard.edu/staying-healthy/how-to-prevent-infections>

<https://medium.com/healthy-horizons/7-good-habits-to-prevent-virus-contamination-and-spread-579a3558a5f6>