

Hand hygiene

Frequent hand washing with soap and water is one of the ways to prevent COVID-19. Only sanitize your hands with hydroalcoholic solution when it is not possible to wash them.



1

Wet your hands with clean water.

2



Rub your hands with soap until they lather, and wash the backs of your hands, between your fingers and under your nails for at least 20 seconds.

3



Rinse your hands thoroughly with water.

4



Dry them with a clean towel (disposable or single-use) or air-dry.



Your hands constantly touch many surfaces; avoid touching your eyes, nose and mouth.



Remember: wearing gloves does not guarantee protection against infection if they are not sanitized or disposed of correctly. Wearing gloves is not recommended except for cleaning or for treating sick people.



Hand hygiene alone is not enough to prevent infection: avoid poorly ventilated spaces, wear a suitable mask whenever necessary, maintain the safety distance (2 meters) and reduce exposure times.

Correct use of face masks

Ensure the colored or stiff-edged part of the face mask is facing outwards.

Indoors, always wear a FFP2, KN95 or N95 type face mask, without a valve, as these are more effective against aerosols.



Place your mask so that it fits snugly around your face, completely covering your nose and mouth to protect against aerosols.



Remember to adjust the stiff edge of the face mask over your nose.



Wash your hands with soap and water before fitting your face mask.



Avoid touching your face mask during use.



Do not remove your face mask to speak on the phone, cough or sneeze.



Do not wear a loose-fitting face mask.



Do not wear your mask over your hair or around your neck.



Do not share a face mask with others.

Remember: face masks alone are not enough to prevent infection. Maintain the safety distance (2 meters), avoid poorly ventilated spaces and reduce exposure times. Practice correct hand hygiene.

Removing and disposing of face masks

Dispose of your face mask after the maximum usage time indicated by the manufacturer (continuous or discontinuous) or when it becomes damp, damaged or no longer fits properly.

1

Remove your face mask by only touching the straps or cords that fit around your ears or neck. Avoid touching other parts of your face mask.

2

Dispose of your face mask as appropriate in cans with a bag and lid.

3

If you are infected, dispose of your face mask along with any other waste in a sealed bag and place it in the garbage can.

4

When finished, wash your hands with soap and water or, if not readily available, clean them with a hydroalcoholic solution.



If the face mask is reusable, wash it daily after use, until you reach the maximum number of washes recommended by the manufacturer.



Never flush your face mask down the toilet.

Respiratory etiquette

To prevent aerosol or droplet transmission when coughing or sneezing:



Cover your nose and mouth with the crook of your elbow.



Or cover your nose and mouth with a handkerchief, preferably disposable.



Try to do it facing the floor and away from other people.



Dispose of the handkerchief, if necessary, in a garbage can with bag and lid.



Wash your hands with soap and water.



Follow these recommendations even when wearing a face mask. That way you can protect yourself and the people around you.

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