PROTECTION GUIDE AGAINST THE CORONAVIRUS

AMERICAS REGIONAL OFFICE
START WITH YOURSELF
Wash your hands regularly with plenty soap and water

How?

¿How long?

At least 20 seconds or more

WHEN?

• After coughing or sneezing
• After using the bathroom
• When the hands are visibly dirty
• After touching animals or their waste
• Before, during and after preparing food
• When you arrive at your home or destination
• If you take care of someone who’s sick
KEY INFORMATION

HOW DOES IT SPREAD?

COVID-19 spreads from person to person mainly when someone with the virus speaks, coughs or sneezes. Small droplets can land in the mouth or nose of someone nearby.

HOW TO REDUCE THE RISK?

- Frequently clean hands by using alcohol-based hand rub or soap and water.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue - throw tissue away immediately and wash hands.
- Avoid close contact with anyone that has fever and cough.

Source: WHO
5 February 2020
WHEN TO USE IT?

1. If you are healthy, you need only to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.

2. Wear a mask if you are coughing or sneezing.

3. Masks are effective only when used in combination with frequent hand-washing with alcohol-based hand rub or soap and water.

HOW TO USE IT?

1. Before putting on a mask wash hands with alcohol-based hand rub or soap and water.

2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.

3. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.

4. Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

5. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water.

Source: WHO
5 February 2020
## AT HOME

<table>
<thead>
<tr>
<th>Stay home if you are sick except to seek medical care</th>
<th>Clean all surfaces you frequently touch daily</th>
<th>Wash your hands with soap and water especially after using the bathroom, eating and touching your face</th>
<th>If you do not have commercial detergents, use water with added chlorine or alcohol</th>
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</thead>
<tbody>
<tr>
<td>When cleaning, open the windows</td>
<td>All clothes have to be washed constantly</td>
<td>Try to market virtually and always use a mouthpiece when you receive the home</td>
<td>The meal should be balanced, rich in vegetables and fruit</td>
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</tbody>
</table>


IF THERE'S A SICK PERSON IN THE HOUSE

- Install the sick person in a single room
- Prefer to communicate with him/her via cell phone
- Ensure that sick people have their own hygiene supplies (towel, tissues, paper)
- Keep a distance of at least one meter from him/her
- Wash all contact surfaces thoroughly with soap and water
- Locate a trash receptacle with a zippered bag
- Ensure good ventilation of the room and keep the door closed
- Wash the patient's clothes separately and the bathroom he or she is using
- Dispose of waste containing organic elements in a specific red bag

If the sick person needs to leave the room, have them wear a mask and always wash their hands with soap and water.
IN THE WORKPLACE

If you have respiratory symptoms, do not attend. Work from home

Surfaces such as desks and tables and objects such as telephones and keyboards should be disinfected regularly.

1. Wash your hands with soap and water whenever you finish an activity
2. Make a proper sanitary waste management
3. Assess whether international business or vacation travel should be postponed
4. In case you have to do them, try to isolate yourself at home when you return
5. Evaluate the entrance of visitors to the facilities
6. Encourage virtual meetings
7. Do not kiss or shake hands and avoid physical contact
8. Drink plenty of water and eat well

Remember to follow the national instructions due to the volatile context
IN YOUR NEIGHBORHOOD OR COMMUNITY

- Be constantly communicated with people near you in your environment
- Create a support network to communicate any problem
- Don't stay alone
- Try to create an emergency community chat

IN PUBLIC SPACES

- Keep a distance of no less than one meter from other people as far as possible
- If you have symptoms, always use a mouthpiece
- Don't shake hands
- Try walking instead of using public transportation
- If mass transit is your only option, always wear a mask and wash your hands after use
- Don't go to places where there are more than 100 people

This can change depending on the context.

IN COLLECTIVE CLOSED SPACES

- If you have symptoms, do not attend
- If you must attend, always wear a mask
- Try to keep your distance
- Don't shake hands
**BE CAREFUL WITH THE PHONE!**

**PHONES AND TABLETS CAN BE A SOURCE OF CONTAGION**

1. Before cleaning, wash your hands

2. Turn off the phone and disconnect it if it is charging

3. If the phone is waterproof, wash it with soapy water and then dry it with a soft towel

If it's not waterproof or you don't know if it holds

**NEVER USE:**
- Glass Cleaner
- Pure undiluted alcohol
- Bathroom or kitchen cleaners
- Disinfectant gel
- Make-up removal towel
- Paper towels

**HOW TO DISINFECT YOUR CELL PHONE**

1. Dilute a mixture of water and alcohol in a container
2. Wet a microfiber towel
3. Clean the phone and cover and then dry them

**IN SUPERMARKETS AND SHOPS**

- Respects the measures indicated by the health authorities such as social distancing and hand hygiene
- If you're in line, stay calm. Avoid crowds of people
- Use the gloves in the supermarkets. If not, clean the cart handle with the disinfectant towels and then apply alcohol gel to your hands
- Try to only touch the food and utensils you're going to buy
- Once in line to pay, try to keep one meter away from other people
WHEN TRAVELLING

Avoid travel if you have a fever and cough

If you have fever, cough and difficulty breathing seek medical care early

Share previous travel history with your health provider

When coughing and sneezing cover mouth and nose with flexed elbow or tissue - throw tissue away immediately and wash hands

If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it’s on

Immediately discard single-use mask after each use and wash hands after removing masks

If you become sick while travelling, inform crew and seek medical care early

If you seek medical attention, share travel history with your health care provider

Avoid close contact with people suffering from a fever and cough

Frequently clean hands by using alcohol-based hand rub or soap and water

Avoid touching eyes, nose or mouth

Eat only well-cooked food

Avoid spitting in public

Avoid close contact and travel with animals that are sick

STAY HEALTHY
HOW TO DEAL WITH STRESS?

**It is normal** to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

**Be aware that not everything you hear about the virus may be true.**

Stay updated and use information from trusted sources, like your health authority, World Health Organization (WHO) or your local Red Cross or Red Crescent.

**Limit worry and agitation** by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

**Draw on skills you have used** in the past that have helped you to manage previous adversities and use those skills to help you manage your emotions during this outbreak.

**If you must stay at home,** maintain a healthy lifestyle including proper diet, sleep, exercise and social contact with family and friends at home and remotely.

**Deal with any emotions you may have in a healthy manner.**

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.