

RECOMMENDATIONS TO HELP PROTECT YOUR FAMILY

We know you worry each time you go to work because you think you will transmit the coronavirus to your family. Here, we provide some recommendations to help reduce the risk of a possible infection by the SARS-CoV-2 (COVID-19).

Don't wait to have symptoms to put them into practice

ESTABLISH SOME PATTERNS:



- Take the minimum number of objects to work: keys, mobile phone, wallet, glasses, handbag, backpack.
- Whenever possible take a shower before leaving your work place.
- Try that all material used at work remain in the centre for cleansing and disinfection (clothes and shoes).

WHEN YOU ARRIVE HOME:



- Don't touch anything.
- Take off your shoes and leave them at the door.
- Clean the objects you will use while at home with alcohol at a 70% concentration: mobile phone, glasses...
- Place the clothes brought from work in a separate closed bag until you put the to wash.
- Take a shower immediately.

GENERIC RECOMMENDATIONS:



- Wash your hands frequently with water and soap or alcohol-based solutions.
- Cover your mouth and nose with your bent elbow when coughing or sneezing.
- Use disposable tissues.
- Avoid touching your eyes, nose and mouth.
- Try not to share the bed or the room with other people.
- Be very vigilant of the appearance of symptoms.



IF YOU ARE LIVING WITH PEOPLE AT RISK:

- Establish minimum contact with that person.
- Use facemask if you have to help them and wash your hands as many times as possible.
- Use separate bathrooms and/or disinfect after each use.

HOME CLEANING:



- Wash personal clothes, bed linen and towels in the washer at 60 – 90 °C (140 – 194 °F) using your regular detergent. There is no need to separate the laundry. Do not shake the clothes.
- Use disposable gloves and other material.
- Clean the kitchen and bathrooms with a 1:50 solution of household bleach.
- Clean high-touch surfaces with a 1:50 solution of household bleach: knobs, handles, taps, switches, phones, computers, keyboards...
- Preferably use waste bins with a pedal and a lid to dispose of material used for cleaning.
- Do not share personal items: toothbrush, drinking glasses, utensils, towels...
- Wash dishes and utensils in a dishwasher or with hot water and soap
- Keep common spaces ventilated.