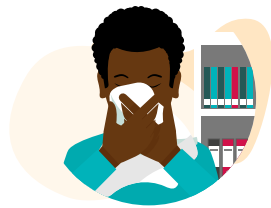# COVID-19 PREVENTION

How health workers can stay healthy

DOs ✓

Wash your hands with soap and water for 40 seconds or use an alcohol-based hand rub regularly, especially before and after engaging with each patient.

Practice respiratory hygiene in health facilities by covering your nose and mouth with a tissue or flexed elbow when coughing and sneezing.

Wear protective equipment when performing a special procedure, including a long-sleeved gown, gloves, eye protection and a particulate respirator.

If you develop a dry cough, fever or difficulty breathing after you have provided care to a COVID-19 patient, **report your illness immediately**.

✕ DON'Ts

Don't touch a patient without washing your hands with soap and water for 40 seconds or using an alcohol-based hand rub.

Don't touch your eyes, nose or mouth or eat food without washing your hands.

Don't make contact with a known COVID-19 patient without wearing protective equipment, including a long-sleeved gown, gloves, eye protection and a particulate respirator.

Don't ignore symptoms if you develop them. Inform your workplace and your local health authority if you think you have COVID-19.