

Tips for prevention of COVID-19

Before coming in, be mindful!



When you're back home, don't touch anything before cleaning yourself up.



Take your clothes off and put them in a plastic bag in the laundry basket.



Leave a box at the entrance to put your belongings, such as your bag, wallet, keys etc.



Have a shower! If you can't, wash your exposed body parts (hands, fists, face, neck, etc.).



Clean your mobile and glasses with soap and water or alcohol-based sanitizer (on your mobile, use alcohol-based sanitizer only, to avoid damaging it).



Always clean the containers you brought home before putting them away (for 1 liter of water, 20 ml of bleach – wear gloves).



Take off your gloves carefully, throw them away and wash your hands.



Take off your shoes by the door.

With these attitudes, you help reduce contamination!

All of this will soon pass.