PROTECT YOURSELF AND OTHERS AGAINST THE CORONAVIRUS (COVID-19)
Your health and safety is our priority

What is the Coronavirus (COVID-19)?

Coronavirus, also known as COVID-19, is a very dangerous virus. Why? It is easily transmitted and has affected millions of people around the world. Many have become ill or died in a very short time. For this reason, it is considered a pandemic.

How does the virus spread?

Coronavirus is transmitted easily and quickly, just like pests in the field.

It spreads when someone sneezes, coughs, shakes hands or gets close to another person. Even people with no symptoms can transmit the virus.

What are the symptoms?

Fever
Shortness of breath
Cough

REFLECT: How can we work together to make sure we keep a safe and necessary distance in the workplace?

What can you do to protect yourself (and protect others)?

Wash your hands frequently, for at least 20-30 seconds, and use hand sanitizer.

Cover your nose and mouth when you cough or sneeze. Don’t touch your face.

Use disposable gloves, face covers and personal protective equipment.

Disinfect your telephone, tools and equipment and don’t share them.

Disinfect all surfaces frequently.

Inform a supervisor if bathroom facilities are not stocked, cleaned and sanitized.

Seek medical attention if you have symptoms like difficulty breathing, chest pressure or pain, or confusion.

Stay home if you feel sick. Protect yourself, your family and your coworkers.

Collaboration

Collaboration between managers, supervisors and workers is the key. Everyone’s participation is necessary to prevent this dangerous disease

• Take preventive measures and encourage others to do the same.
• Contribute your knowledge, suggestions and ideas.

It’s up to all of us to reduce the risk. Together, we can do it!