

7 WAYS TO PREVENT THE SPREAD OF COVID-19

Masks and gloves are your first line of defense, but here are some more ways you can curb the spread of COVID-19!

Source: James Robb, MD, FCAP



No handshaking

Wave, fist bump, bow, elbow bump, etc.



Use disinfectant wipes

When out and about, especially at stores or restaurants, wipe down seats, handles, equipment, tools, etc.



Use your knuckles

For light switches, elevator buttons, etc. For bigger items, use paper towels or disposable gloves.



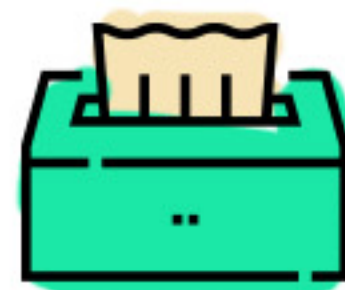
Clean your hands

Wash with soap for 10-20 seconds and/or use a 60% (or higher) alcohol-based hand sanitiser whenever you return home from any activity that involves public locations.



Open doors with your closed fist or hip

Do not grasp handles, unless there is no other way to open the door. Especially important for commercial spaces like public bathrooms.



Cough or sneeze into a disposable tissue

... and discard immediately! Sneeze or cough into your elbow only if you have to. The clothing on your elbow will retain infectious virus that can still be passed on for up to a week or more!



Always have sanitiser on deck

Keep a bottle of sanitiser available at your home's entrances, in your car, or even in your bag for use when you can't immediately wash your hands.