

QUICK REFERENCE FOR ALL SECTORS

Hygiene and Respiratory Etiquette



Coronaviruses usually infect the nose, throat and lungs. They are spread most often by the droplets emitted by an infected person, whether symptomatic or not, when this person coughs or sneezes, for example. They can also be spread by infected hands. Thus, touching your mouth, nose or eyes after having been in contact with an infected person or a contaminated surface is a way of developing COVID-19.

So that the workers present in the work environment are protected from COVID-19:

the hygiene and respiratory etiquette rules are posted in the common areas and the washrooms;

NOTE : _____

towels or disposable paper towels are available;

NOTE : _____

trash cans, ideally contactless, are used;

NOTE : _____

water and soap are available;

NOTE : _____


access to 60% hydroalcoholic solutions is assured in the absence of soap and water.

NOTE : _____

The workers are informed about the hygiene and respiratory etiquette rules and have received these instructions:

Wash hands frequently (washing with soap and water or use of a 60% hydroalcoholic solution) for at least 20 seconds;

NOTE : _____



Cover your mouth and nose when you cough or sneeze, use tissues or the crook of your elbow, and then wash your hands;

NOTE : _____

Use single-use tissues;

NOTE : _____

Immediately discard used tissues in the trash can;

NOTE : _____

Do not touch your mouth or eyes with your gloved or bare hands.

NOTE : _____