

Preventive measures to avoid COVID-19 (disinfection, hygiene, every-day precautions)



- Wash your hands thoroughly with soap and water for at least 20 seconds.
- Use an alcohol-based hand disinfectant.



- Cover your cough or sneeze with your elbow or with a tissue, then throw the tissue in the trash
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Ensure regular ventilation of premises at work and home as well



- Disinfecting spray for contact surfaces and wipes available for use at all times
- Doors must be opened with a tissue, towel, elbow or glove. Do not touch door handle with hands
- Do not share hand tools if possible. Sanitize them before and after the use
- Disinfect all contact surfaces (steering wheel, arm rests, dashboard, radio, A/C controls and knobs) in the vehicle cabin 1x day and always when operator changes
- Disinfect table – before and after eating, 1x day table at workspace



- Maintain distance – 2m from others all time when possible
- No handshakes – salutation from distance
- Keep food separately, don't share with other persons
- Drinking water – separate water bottles, don't share with other persons
- Keep personal belongings (clothing, towels etc.) separately
- Do not attend public events, supermarkets etc., wisely plan attendance of grocery stores (1-2 times a week)



- Protective masks – mandatory for people with observed possible virus symptoms and they are in contact with others.

IMPORTANT
Read to everyone!