

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



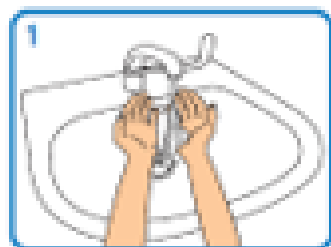
Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

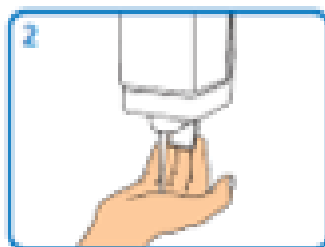


World Health Organization

Hand-washing technique with soap and water



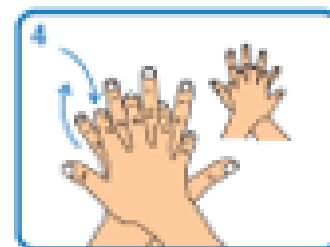
1 Row, row, row your boat



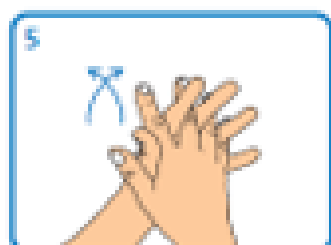
2 Gently down the stream



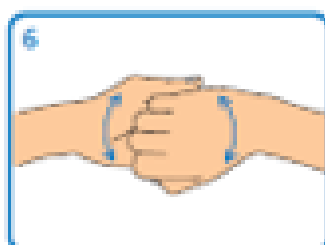
3 Merrily merrily, merrily, merrily



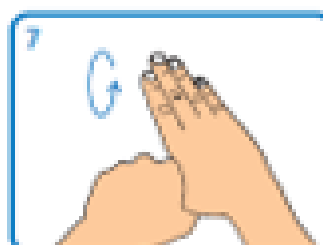
4 Life is but a dream



5 Row, row, row your boat



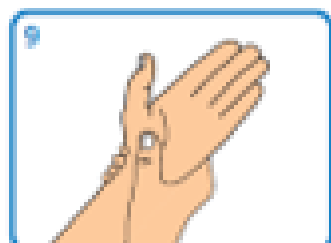
6 Gently down the stream



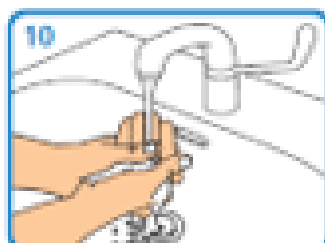
7 Merrily merrily, merrily, merrily



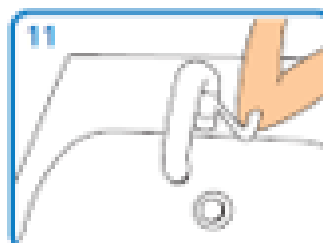
8 Life is but a dream



9 Row, row, row your boat



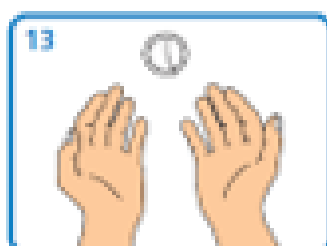
10 Gently down the stream



11 Merrily merrily, merrily, merrily



12 Life is but a dream



13 Row, row, row your boat

Create your own
<https://washyourlyrics.com>

Adapted from National Health Service, who adapted from the World Health Organization Guidelines on Hand Hygiene in Health Care.

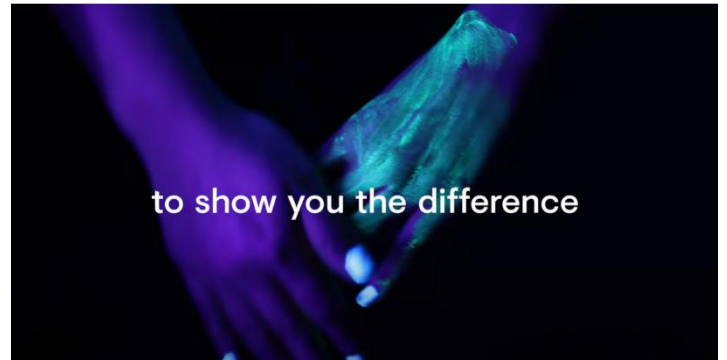
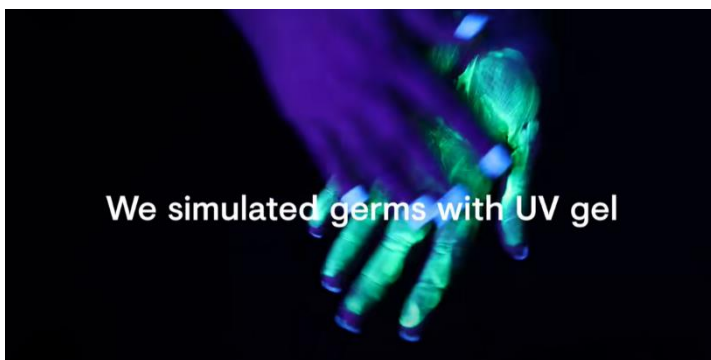
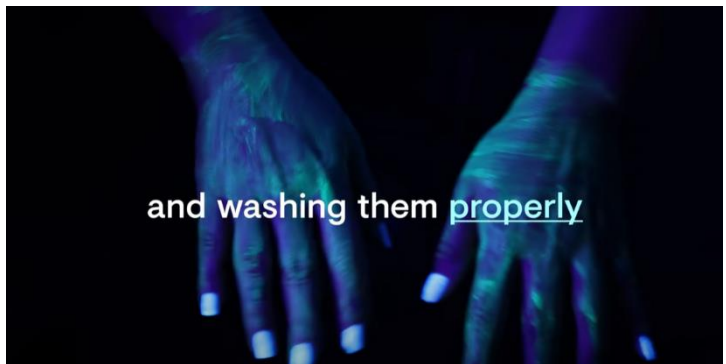
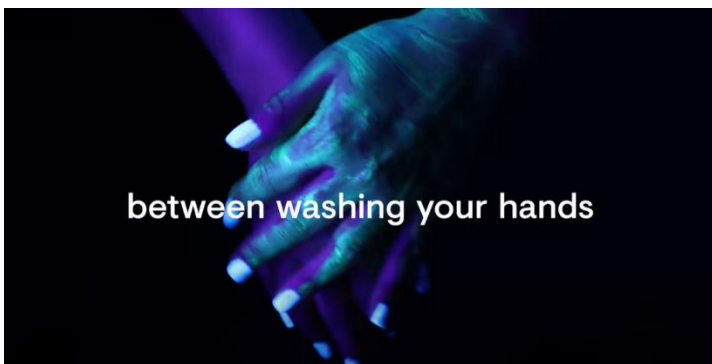
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HAND WASHING VIDEO

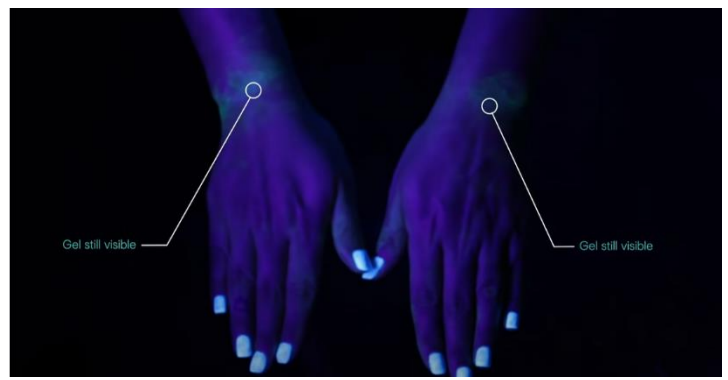
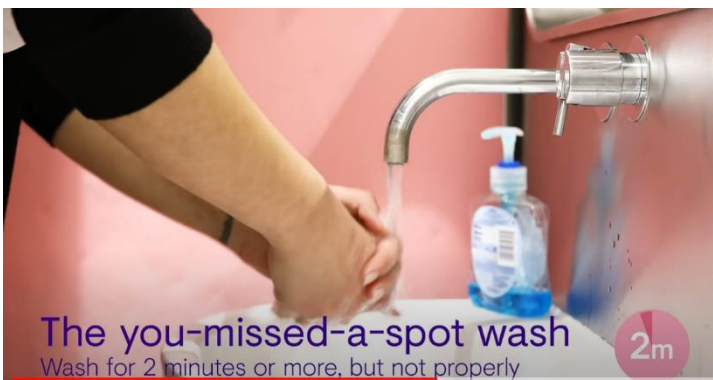
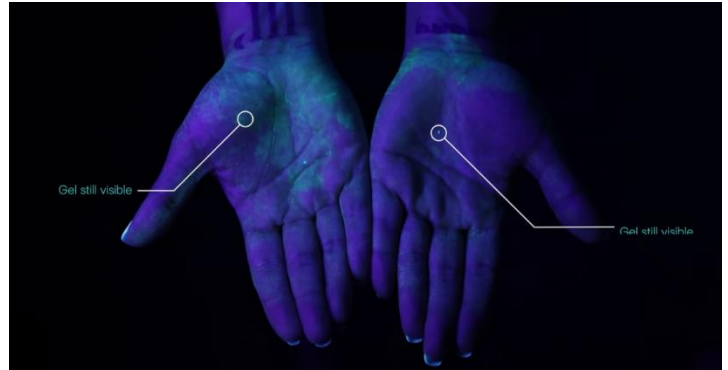
Why it's important to wash your hands properly -
UV experiment

Video Credit: Babylon

<https://www.youtube.com/watch?v=3SfHdSHK-g0>



HAND WASHING VIDEO Continued



Cell Phone Disinfectant Update

July 23, 2020

The average smartphone user touches the phone 2,617 times a day, and up to 5,400 times a day for extreme users, according to a 2016 study by Dscout.

Make cleaning your phone part of your daily ritual. And consider minimizing your phone's exposure to risk: If you are in a store, restaurant, or public space you might be touching common surfaces, leave your phone in your pocket. Do not touch it until you've washed your hands. And do not rest your phone on common surfaces, where it can pick up bacteria and viral particles.

Before COVID-19, some phone makers treated alcohol like a touchscreen's kryptonite. Notably, Apple warned that cleaners could erode an iPhone screen's fingerprint-resistant oleophobic coatings. In March, however, it updated its recommendations to allow 70 percent isopropyl alcohol wipes or Clorox Disinfecting Wipes — but no bleach — on every Apple product.

How to disinfect your phone:

- Turn off, unplug your phone.
- Use a lint-free cloth or cotton ball. Avoid rougher material, like a paper towel, that can scratch. Even cleaning wipes can be abrasive.
- Apply 70 percent rubbing alcohol to the cloth or cotton ball, not to the screen. Never spray any liquid on your phone.
- Never use bleach.

Telephone Covers:

If your case is made of TPU/silicone and hard plastic, give it a good rinse in warm water and let it air dry.

If your case is made of leather or other luxury materials, try looking for cleaners specific to your material. The maker of your case will likely have cleaning guidelines on their website or in the box the case came in.

Ultraviolet-C Light

To kill germs and virus particles without liquid, try a UV phone sanitizer that uses ultraviolet-C light to kill germs. These sanitizers look like a miniature tanning bed for your phone.

TIPS FOR CAR CLEANING

If you are using your vehicle to go to work or run essential errands while practicing social distancing, we recommend disinfecting the interior of your vehicle regularly.



WHAT TO USE



Soft cloth or microfiber cloth

Dampen the cloth with soap and water to wipe down the hard surfaces of the vehicle interior. Dry with a clean dry cloth.



Isopropyl Alcohol

Solutions that contain at least 70% alcohol are effective against coronavirus according to The Centers for Disease Control and Prevention. Many interior surfaces of a vehicle can be cleaned with a soft cloth or microfiber cloth dampened with isopropyl alcohol.

Cleaning leather

Many automobile leather and leather-like materials have a protective coating, which is safe to be cleaned with alcohol. However, over time, cleaning leather with alcohol can leave it susceptible to damage and discoloration.

- + An alternative is soap and water to clean spots and spills, followed by the use of a good leather conditioner.



WHAT NOT TO USE



Avoid bleach, hydrogen peroxide, benzene, thinners or other harsh and abrasive cleaners. They will damage your vehicle's upholstery and/or interior surfaces.



Do not use ammonia-based cleaners on the Infotainment screen, as they can damage the anti-glare and anti-fingerprint coatings



- + Avoid touching the center screen, and use your voice commands more often.

- + Remember to wear gloves while disinfecting your vehicle, and try to do so in a well-ventilated area.

WHERE TO CLEAN

- ✓ Steering wheel
- ✓ Key and remote fob
- ✓ Exterior door handles, both sides
- ✓ Trunk lid or lift gate grab areas
- ✓ Interior door pulls, both sides and interior door panels
- ✓ Start button, if equipped
- ✓ Rear view mirror, back and edges
- ✓ HVAC vents
- ✓ Gear selector
- ✓ Turn signal lever
- ✓ Windshield wiper controls
- ✓ Center stack knobs
- ✓ Center console and arm rest
- ✓ Seat belt and buckle.
Avoid harsh cleaners on the belt itself. They can degrade the fibres and belt's strength.
- ✓ Parking brake handle, parking brake or release lever

The Infotainment screen is a high-touch area, but not a surface that should come in contact with aggressive cleaners. Use screen wipes which are not anti-microbial, or wipe with a soft cloth dampened with soap and water. Wipe dry with a clean, soft cloth.



