

Hand washing, gargling, etc.

"Preventive Action"

is an essential skill in any worker
Be sure to prevent in order to avoid catching or spreading infectious diseases!

Hand washing

Wash your hands frequently with hand soap



Hand disinfection

After washing your hands, disinfect your fingers



Gargling

Gargle on a daily basis



Mask

Wear a mask if coughing or sneezing



Knowledge

Acquire the correct knowledge necessary to prevent infections and use it in your daily life



Environmental Hygiene

Clean any objects and surfaces that are often touched by hands



Healthcare

Get enough sleep and a balanced diet

