

General Dos and Don'ts of Good Infection Prevention and Control

The Dos.

Follow social distancing rules.

Effectively wash or sanitise your hands frequently.



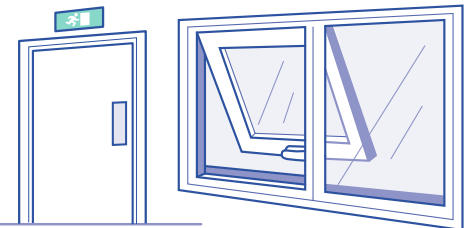
Wash you hands immediately after coughing, sneezing or blowing your nose. Catch-it. Bin-it. Kill-it.



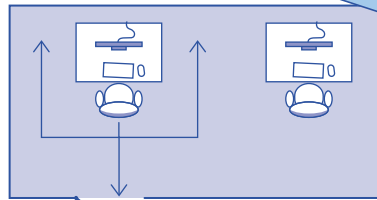
Remove your belongings from your workspace after your shift and ensure desks and surfaces are left clean and tidy.



Keep windows and doors open to encourage ventilation, where it doesn't interfere with other safety measures, e.g. fire doors which need to be kept closed



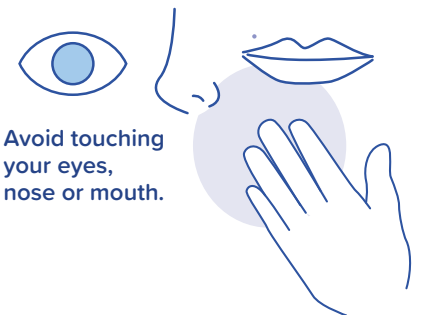
Use telephone, radio or online communication instead of face-to-face communication.



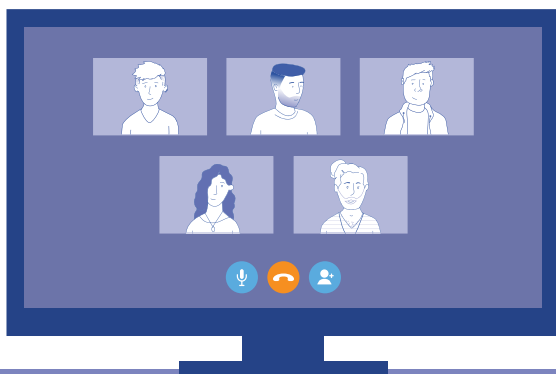
Limit your movements around the office and between sites.

The Don'ts.

Don't shake hands or gather in close quarters with your colleagues. You must also not gather around tea and coffee or water facilities or in break rooms.



Avoid touching your eyes, nose or mouth.



Avoid face-to-face meetings where possible. Substitute them for virtual alternatives.

Try not to share equipment with your colleagues, including pens and paper. Equipment that must be shared, such as tools and vehicles, must have processes for cleaning after each use.

