

COVID-19 PREVENTION TIPS



PROTECT YOURSELF AND OTHERS

- KEEP HEALTHY IN ORDER TO HELP STOP THE SPREAD OF VIRUS
- MAINTAIN A HEALTHY DIET
- DO REGULAR EXERCISE
- SLEEP WELL
- BE AWARE OF PERSONAL HYGIENE
- BE AWARE OF SYMPTOMS
- EASE PRESSURE FROM MEDICAL PROFESSIONALS WHO ARE FIGHTING FOR US

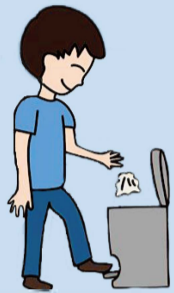
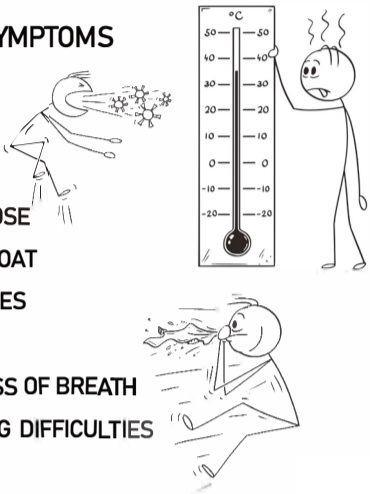


WEAR A MASK CORRECTLY

- WASH YOUR HANDS BEFORE WITH ALCOHOL BASED RUB OR WITH SOAP AND WATER
- IDENTIFY THE CORRECT SIDE, METALLIC STRIP UPPERSIDE, COLOURSIDE WITH FOLDS FACING DOWNWARDS SHOULD FACE OUTWARDS
- POSITION ELASTIC BANDS OR STRAPS AROUND BOTH EARS, EXTEND SURGICAL MASK TO COVER MOUTH, NOSE AND CHIN, ENSURE NO GAPS BETWEEN YOUR FACE

KNOW THE SYMPTOMS

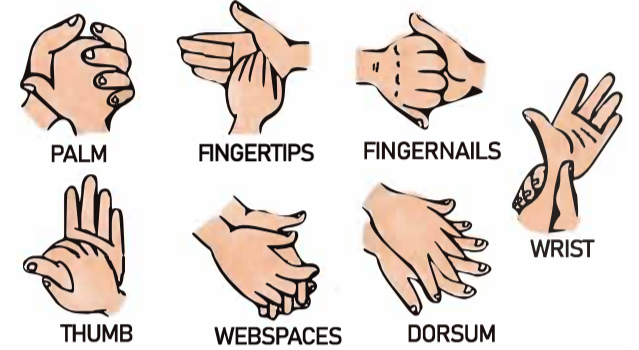
- FEVER
- COUGH
- FATIGUE
- RUNNY NOSE
- SORE THROAT
- BODY ACHES
- DIARRHEA
- SHORTNESS OF BREATH
- BREATHING DIFFICULTIES



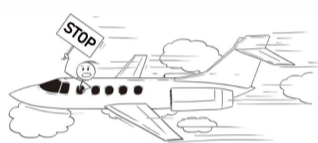
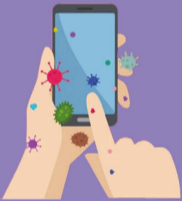
REMOVE MASK AND DISCARD CORRECTLY

- UNTIE STRAPS OR TAKE THE ELASTIC FROM AROUND YOUR EARS, DO NOT TOUCH THE FRONT OF THE MASK
- FOLD THE MASK IN HALF (THE OUTER SIDES TOGETHER)
- USE THE STRAPS TO TIE UP THE MASK OR USE A TISSUE TO WRAP
- DISCARD INTO A CLOSED BIN
- WASH YOUR HANDS WITH ALCOHOL BASED RUB OR WITH SOAP AND WATER

7 STEP PROPER HANDWASHING 20 SECONDS WITH SOAP AND WATER



DONT LET GERMS FOLLOW YOU AROUND, WIPE YOUR MOBILE PHONE WITH DISINFECTANT WIPES OR 75% SANITIZER SPRAY



DROP UNNECESSARY TRAVEL

TOILET FLUSHING MAY SPLASH GERMS OUT AS FAR AS 6 FEET PUT THE TOILET LID DOWN BEFORE YOU FLUSH AND WASH YOUR HANDS



KEEP GOOD HYGIENE CLEAN YOUR ENVIRONMENT WITH DISINFECTANT SOLUTIONS



WEAR MASK WHEN TRAVELING ON PUBLIC TRANSPORTATION AVOID PEAK HOURS

WORKING TIPS

- WORK AT HOME OR HAVE FLEXIBLE WORKING HOURS
- REDUCE CLOSE CONTACT, AVOID MEETINGS AND USE VIDEO CONFERENCING
- CHECK BODY TEMPERATURE OF ALL PERSONS ENTERING THE OFFICE
- HAVE FLEXIBLE LUNCH HOURS, BRING LUNCH BOX OR BUY TAKE AWAY
- MAINTAIN GOOD AIR CIRCULATION
- CLEAN YOUR DESK, KEYBOARD, TELEPHONE AND MOUSE DAILY
- SANITIZE REGULARLY COMMON TOUCHING POINTS SUCH AS DOOR KNOBS AND HANDELS



WHEN COUGHING OR SNEEZING COVER YOUR NOSE AND MOUTH WITH TISSUE AND DISPOSE THE SOILED TISSUE INTO A CLOSED BIN, THEN WASH HANDS

IF TISSUE IS NOT AVAILABLE, FLEX YOUR ELBOW AND COVER YOUR NOSE AND MOUTH WITH YOUR UPPER SLEEVE



DRINK WATER AND KEEP YOUR THROAT MOIST

WEAR MASK AND SEE A DOCTOR IF YOU FEEL UNWELL



AVOID CROWDED LIFTS USE TISSUE TO PRESS BUTTONS OR USE SANITIZER GEL AFTER TOUCHING



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH



BE KIND
KEEP INFORMED
MANAGE ANXIETY
BE SUPPORTIVE
STAY SAFE



MAINTAIN SOCIAL DISTANCE

- AVOID CROWDED PLACES
- AVOID FOOD SHARING
- AVOID SOCIAL AND RELIGIOUS GATHERINGS
- USE RUBBER GLOVES OR TISSUE TO ASSIST OPENING DOORS
- WEAR A MASK IN PUBLIC AREAS AND ON PUBLIC TRANSPORTATION
- AVOID PHYSICAL CONTACT, NOD OR WAVE INSTEAD OF SHAKE HANDS



TRANSMISSION

RESPIRATORY DROPLETS CONTAINING THE VIRUS CAN REMAIN ON SURFACES UP TO 8 HOURS EVEN AFTER THE ILL PERSON IS NO LONGER NEAR
CORONAVIRUS CAN GO AIRBOURNE, STAYING SUSPENDED IN THE AIR DEPENDING ON FACTORS SUCH AS HEAT AND HUMIDITY



LET'S WORK TOGETHER AND STOP COVID-19

New Island Printing., Ltd wishes all customers, suppliers, friends and colleagues best of health.

WE ARE IN THIS TOGETHER!

Source: Department of Health Hong Kong, World Health Organization, Save the Children

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