

Preventative Hygiene Protocols



Wash your hands frequently with soap and water, or an alcohol – based hand rub. Do so regularly.



Maintain social distancing. Maintain at least 1.5 metres from anyone who is coughing or sneezing.



Practice good respiratory hygiene. Cover your nose and mouth with your bent elbow when you cough or sneeze. Dispose of any tissues immediately.



Avoid touching your eyes, nose and mouth. You are at risk of transferring any contamination on your hands to your face from where the virus can enter your body.



Avoid shaking hands or making physical contact with other people. Explain to clients / colleagues its in the interest of preventing the spread of any infection. Consider having hand sanitiser available in your office, at your home, and in your car.



Stay informed. Regularly reference government, company and medical advice as it is updated to ensure you have the latest information on how to prevent infection.



In common areas clean up after yourself and don't leave dirty dishes or cup around that could potentially spread infection.



If ill with flu – like symptoms (such as coughing, sore, dry throat or fever), its best to avoid contact with anyone, contact your employer self – isolate & seek medical attention. Please provide a medical certificate if required.