

# Protect Yourself while Caring for Others

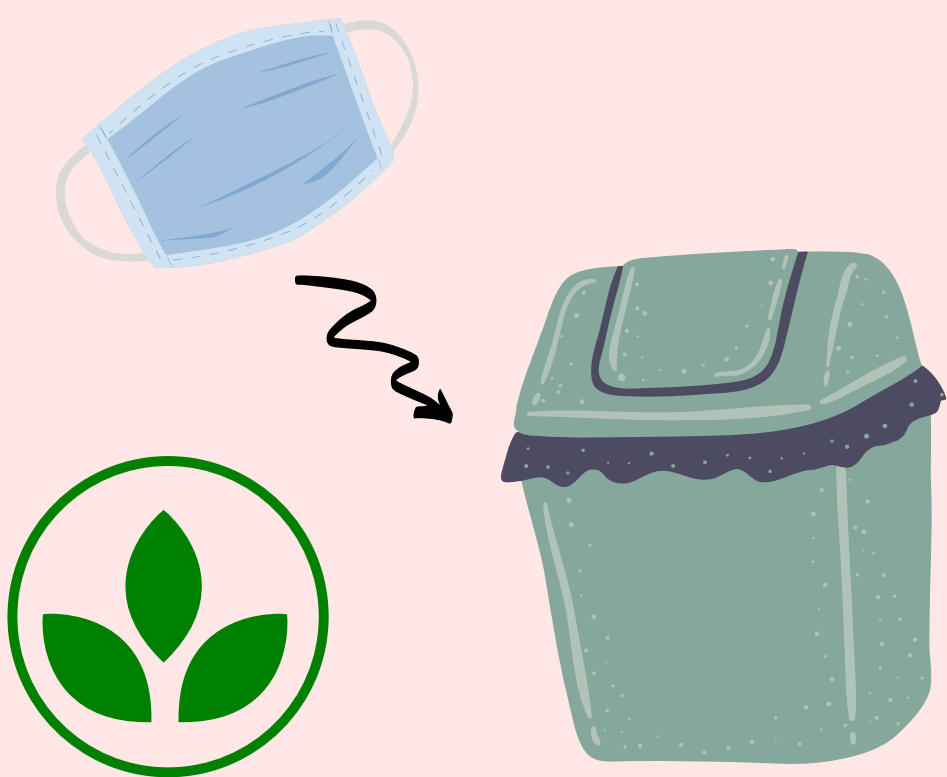
## Minimize Chances of Exposure

Screen patients and visitors for symptoms of acute respiratory illness (e.g., fever, cough, difficulty breathing) before entering your healthcare facility



## Implement Environmental Infection Control

Ensure that environmental cleaning and disinfection procedures are followed consistently and correctly





# Follow Standard Precautionary Measures

## MAINTAIN HAND HYGIENE



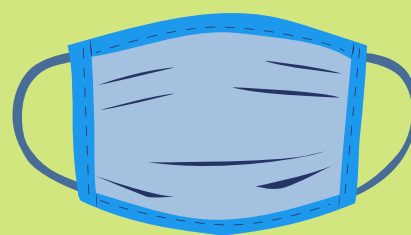
- Perform hand hygiene before and after all patient contact, contact with potentially infectious material, and before putting on and after removing protective personal equipment, including gloves
- Perform hand hygiene by using alcohol based hand rub with 60-95% alcohol or washing hands with soap and water for at least 20 seconds

## USE OF GLOVES



- Put on clean, non-sterile gloves
- Change gloves if they become torn or heavily contaminated
- Remove and discard gloves and immediately perform hand hygiene

## USE OF MASKS



- Use a mask when attending to patient having cold, cough and flu-like symptoms
- Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit
- Avoid touching the mask, while using it
- Do not leave the mask hanging from the neck
- Change the mask after six hours or as soon as it becomes wet
- Never reuse disposable masks and dispose the used masks into closed bins
- Do not touch the potentially contaminated outer surface of the mask, while removing it
- After removal of mask, clean your hands with soap and water or use alcohol-based hand rub disinfectant

