

How to stay healthy on public transport

DOs ✓



Wash your hands after touching surfaces, handles or money on public transport.



Ensure you cough or sneeze into a tissue or into a bent elbow. Dispose of the tissue in a closed bin and make sure you **wash your hands** afterwards.



Discard single-use masks immediately after use if you choose to wear them, and then **wash your hands**.



Think of ways to avoid non-essential travel and contact with others. Avoid crowded, rush hour buses, trains or taxis if you can.



If you are able to **walk to work**, think about doing this more often.

✗ DON'Ts



Don't go on public transport if you are feeling ill, or have developed a cough or fever.



Don't cover your sneeze with the palm of your hand. Use a tissue or a flexed elbow.



Don't throw used tissues on the floor. Instead, put them in the bin when one is available.



Don't stigmatise or discriminate against people on public transport who are displaying symptoms of illness, like coughing or sneezing.



Don't touch your eyes, nose or mouth or eat food on public transport.

How to stay healthy at home

DOs ✓



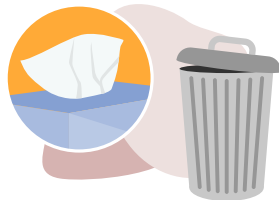
Regularly disinfect surfaces to ensure surfaces are clean and hygienic.



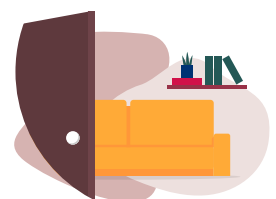
Promote regular handwashing among your family and friends. Make sure everyone has access to places where they can wash their hands with soap and running water, or an alcohol-based hand rub.



Remember to wash your hands when you enter your home and before and after cooking and eating food.



Make sure tissues are available for those who develop a runny nose or cough, and that there are closed bins to dispose of them.



Take family members or visitors to a private space if they suddenly develop COVID-19 symptoms and call your healthcare provider as soon as possible.

✗ DON'Ts



Don't allow guests to interact with your family members before washing their hands.



Don't prepare food without washing your hands first with soap and water for 40 seconds or an alcohol-based hand rub.



Don't forget to discuss hand and respiratory hygiene with your family members regularly.



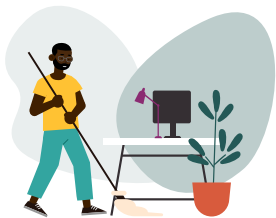
Don't leave your house unless you need to if you are sick. Stay at home if you suspect you have COVID-19 and contact your health care provider promptly.



Don't disobey your doctor's order if you have been told to self-quarantine.

How to stay healthy in the workplace

DOs ✓



Ensure your workplaces are clean and hygienic. Regularly disinfect surfaces like desks, tables, keyboards and telephones.



Promote regular hand-washing. Make sure that staff, contractors and customers have access to places where they can wash their hands with soap and running water.



Make sure tissues are available for those who develop a runny nose or cough, and that there are closed bins to dispose of them.



If COVID-19 starts to spread in your community, **make sure that customers, employees and contractors know they should stay at home** if they develop a mild cough or fever.



Consider when a face-to-face meeting or event is really needed. **Replace with a teleconference or online event if possible.**



Consider if essential meetings could be scaled down so that **fewer people need to attend.**

✗ DON'Ts



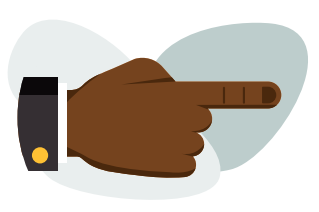
Don't disguise or mask symptoms if you develop them. Inform your workplace and your local health authority if you think you have COVID-19.



Don't send employees who might be at higher risk of developing severe illness to areas where COVID-19 is spreading.



Don't ignore instructions from national authorities if you have to travel for business.



Don't stigmatise or discriminate against people who may be at risk. This could include people who have recently travelled to an area reporting cases, staff or co-workers who have conditions that put them at higher risk of serious illness, or those who cough or have fever.