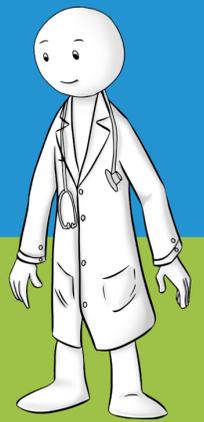


# Coronavirus Disease 2019 (COVID-19)

## How health care providers can protect themselves



### Follow these good practices



Wash your hands with soap or antiseptic rub for at least 40 seconds:

- before touching a patient.
- before engaging in clean/aseptic procedures.
- after body fluid exposure risk.
- after touching patients and their surroundings.
- before putting on and after taking off any personal protective equipment.



Practise, and encourage others to practise, respiratory hygiene in health care facilities by covering mouth and nose when coughing or sneezing.



Use a medical mask for routine communication with patients who have acute respiratory symptoms.



When performing a special procedure, such as intubating, put on:

- a long-sleeved gown.
- gloves.
- eye protection.
- particulate respirator such as N95 mask.



Report your illness immediately to the concerned authority if you start coughing, sneezing or develop fever after you have provided care to a suspected coronavirus patient.



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