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.

DISCLAIMER: This brochure is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of Jhpiego and do not necessarily reflect the views of USAID or the United States Government. Source: WHO and CDC.