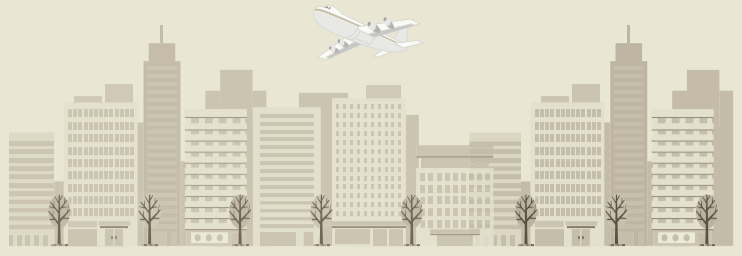


CORONA VIRUS

Middle East Respiratory Syndrome Coronavirus (MERS-CoV)



According to the recommendations of the specialists and scientists who attended the International Medical Meeting in Riyadh

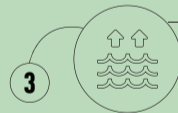
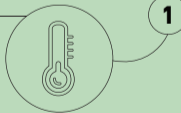
Fighting Infections (of Corona and other acute respiratory infections) in Workplaces

GENERAL RECOMMENDATIONS FOR EMPLOYEES:

<p>1</p> <p>Wash your hands often with soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.</p> <p>✓</p>	<p>2</p> <p>Cover your nose and mouth with a tissue when you cough or sneeze. Then immediately throw the tissue in the trash. If there is no tissue, cough or sneeze into your upper sleeve or elbow, not your hands</p> <p>✓</p>	<p>3</p> <p>Clean and disinfect frequently touched surfaces; elevator buttons, doorknobs, desks, chairs, phones, and laptops.</p> <p>✓</p>	<p>1</p> <p>Avoid touching your eyes, nose, and mouth with unwashed hands.</p> <p>✗</p>	<p>2</p> <p>Avoid close contact with sick people. This includes sharing cups, sharing eating utensils and hugging.</p> <p>✗</p>
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WHAT TO DO IF YOU FEEL SICK (FEVER, COUGH, SORE THROAT AND DIFFICULTY BREATHING)

If fever and respiratory symptoms (difficulty breathing) occur stay at home. Do not go back to work until free of symptoms for at least 24hrs



Ensure all shared spaces are well ventilated.



Do not share eating utensils, cups, towels, or washcloths.

If you are diagnosed with MERS CoV, notify HR. Do not come to work until 48 hours after you have recovered. You must test negative and be symptom free before returning to the workplace.



Employees should avoid contact with patients and their personal items, and use face-masks only if they are sick or visiting sick patients

Do you have any questions ?

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www.moh.gov.sa/coronanew

