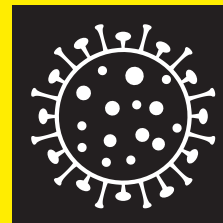


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Guidance for Traveller Primary Healthcare Workers

If you need to wear a mask,  
here's how to use one properly



Do ✓	Don't ✗
<ul style="list-style-type: none"><li>✓ Clean your hands properly before you put it on.</li><li>✓ Cover your mouth and nose with the mask and make sure that there are no gaps between your face and the mask</li><li>✓ Tie the mask securely and replace it as soon as it is damp.</li></ul>	<ul style="list-style-type: none"><li>✗ Do not touch the mask while wearing it. If you do, clean your hands properly.</li><li>✗ Do not use a damp or wet mask.</li><li>✗ Do not reuse a mask</li></ul>

To take a mask off properly:

- > Remove it from behind - do not touch the front of the mask.
- > Put it in a bin straight away.
- > Clean your hands properly.

Do not wear disposable gloves  
instead of washing your hands



The virus gets on them in the same way it gets on your hands. Also, your hands can get contaminated when you take them off.

Wearing disposable gloves can give you a false sense of security.

You might:

- > Sneeze or cough into the gloves - this creates a new surface for the virus to live on
- > Contaminate yourself when taking off the gloves or touching surfaces
- > Not wash your hands as often as you need to and touch your face with contaminated gloves

How to wash your hands  
with soap and water



1. Wet your hands with warm water and apply soap.
2. Rub your hands together until the soap forms a lather.
3. Rub the top of your hands, between your fingers and under your fingernails.
4. Do this for about 20 seconds.
5. Rinse your hands under running water.
6. Dry your hands with a clean towel or paper towel.

How to clean your hands  
with alcohol gel



When you can't access soap and water use alcohol gel.

1. Apply a generous amount of the gel to the palm of one hand.
2. Rub your hands together. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.
3. When you're rubbing in the alcohol gel, it's really important to cover the complete surfaces of both of your hands, including fingers and around your fingertips and nails - and don't forget the backs of your hands and fingers.
4. You should also rub in the alcohol gel about 5cm (two inches) up each wrist.