

COVID-19 AND OFFICE HYGIENE

PRACTISING GOOD WORK SPACE HYGIENE



THE AVERAGE WORKPLACE DESK CAN BE 400 TIMES DIRTIER THAN THE AVERAGE TOILET SEAT.
HAVE YOU EVER STOPPED TO THINK HOW CLEAN YOUR WORK SPACE REALLY IS?

FILTHY FACT
a very low percentage of offices clean their work space sufficiently

COVID-19 AND HYGIENE

Prevention of the spread of COVID-19 requires good hygiene like having clean hands and disinfecting frequently touched objects.
Your office or work space is another place to ensure you disinfect frequently.

HIGH GERM ZONES IN THE OFFICE

High germ zones in a typical office include your KEYBOARD, your MOUSE, office TELEPHONES, the PRINTER and TEA STATIONS.



ENSURE THAT YOU DISINFECT THESE AREAS AND WASH OR SANITISE YOUR HANDS FREQUENTLY.

WHAT IS OFFICIALLY "DIRTY" IN A TYPICAL OFFICE?



- Disinfect frequently touched surfaces
- Wash your hands with soap and water for 20 seconds
- Cover your cough or sneeze with a flexed elbow
- Don't touch your face with dirty hands

If you are showing symptoms of COVID-19 and have been exposed to the virus, please contact your medical practitioner right away.

For more information:

- Whatsapp "Hi" to 0600 123 456
- Dial the toll-free number: 0800 029 999
- Visit www.nicd.ac.za

"The greatest compassion is the prevention of human suffering through patience, alertness, courage and kindness."

— Amit Ray, *Walking the Path of Compassion*

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