How health workers can stay healthy

**DOs**

- Wash your hands with soap and water for 40 seconds or use an alcohol-based hand rub regularly, especially before and after engaging with each patient.

- Practice respiratory hygiene in health facilities by covering your nose and mouth with a tissue or flexed elbow when coughing and sneezing.

- Wear protective equipment when performing a special procedure, including a long-sleeved gown, gloves, eye protection and a particulate respirator.

- If you develop a dry cough, fever or difficulty breathing after you have provided care to a COVID-19 patient, report your illness immediately.

**DON'Ts**

- Don't touch a patient without washing your hands with soap and water for 40 seconds or using an alcohol-based hand rub.

- Don’t make contact with a known COVID-19 patient without wearing protective equipment, including a long-sleeved gown, gloves, eye protection and a particulate respirator.

- Don’t ignore symptoms if you develop them. Inform your workplace and your local health authority if you think you have COVID-19.

- Don’t touch your eyes, nose or mouth or eat food without washing your hands.