





# LET'S AVOID THE SPREAD OF COVID-19


Follow these **recommendations**:


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**1.** Maintain **social distancing** by **staying 6 feet apart from others**. This a virus that spreads quickly, let's avoid person to person transmission.
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**2.** **Cover your mouth when coughing or sneezing with your forearm.**
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**3.** Follow the hand-washing protocol using soap and water for 20 seconds, generating enough foam to cover hands and wrists.
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**4.** Disinfect all surfaces and work tools with 65% and above alcohol-based solutions, 1-part chlorine to 5-parts water, or water with soap.
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**5.** The Personal Protective Equipment, PPE, should not be shared with others.
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**6.** Wash your Personal Protective Equipment, PPE, and all the clothes you used during the day with water and soap.
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**7.** Rinse the empty pesticide containers and puncture them while still wearing your Personal Protective Equipment.
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**8.** If you work with machinery, do not share the cabins. Remember to disinfect before using them.
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**9.** Keep your workers informed of every measure issued by the health authorities in your country.
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**10.** Make sure all workers in the field have access to disinfection facilities (for them and for the tools), that have water and soap.
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**11.** Keep your eyes open. If any worker shows suspicious symptoms (fever, dry cough, respiratory difficulties), they should be immediately isolated and put in contact with the nearest health center.
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**12.** **No one with an isolation / quarantine order should show up to work, under any circumstance.**
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**13.** Keep handy the telephone number designated for health assistance.
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**14.** **Any Health protocol issued by the Government authorities should be shared and repeated to your workers, on a daily basis.**

Finally, remember not to touch your face.

