

Tips on Prevention of COVID-19

1 Observe Good Personal Hygiene and Wash Hands Frequently

Wear the surgical mask properly to fully cover the mouth, nose and chin. Mould the metallic strip over nose bridge and fit snugly over the face. Avoid touching the mask especially the outside.

Wash hands thoroughly before touching eyes, nose, mouth; before eating; after using the toilet; removing or putting on mask; or after touching public installations such as handrails or door knobs.

Q: Can we sneeze or cough inside mask?
A: Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose the soiled tissues into a lidded rubbish bin, then wash hands thoroughly. Do not take off mask when sneezing or coughing. You may sneeze or cough inside mask to prevent the splash of respiratory droplets if you don't have a tissue paper. Replace the mask as soon as possible as filtration efficiency may be reduced when the mask is soiled.

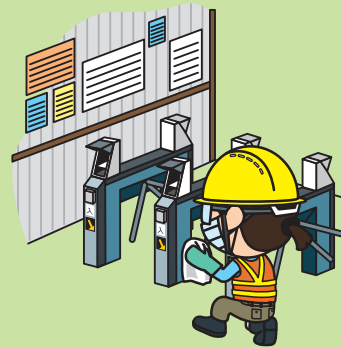


Wash hands with soap, rub for at least 20 seconds and rinse. Dry hands with disposable paper towel. If soap and water are not available and hands are not visibly soiled, use 70-80% alcohol-based sanitizer.

2 Keep the Site Clean and Well-ventilated

Maintain offices and rest containers well-ventilated. Keep windows open where possible. Maximize fresh air intake of the air conditioner and switch on fans / exhaust fans to facilitate air circulation inside container. (Avoid air blowing directly from one person (or group of people) to another.)

- Clean and disinfect site area such as entrances, rest areas, toilets, canteens, etc with 1:99 diluted household bleach at least twice daily. Frequently touched surfaces such as handles at entrance and palmprint identification system shall be cleaned more frequently (especially during the time of reporting / leaving work and lunch break). Clean and disinfect lockers at least daily and shower cubicles at least once every 4 hours.
- Do not spray disinfectants on people as this could be harmful and would not reduce the risk of viral transmission. Use a cloth or wipe which is soaked in the disinfectant to disinfect surfaces.



Rubbish should be properly wrapped and discarded in garbage bins with lids. Empty garbage bins at least once a day.



Disinfect with 1:99 diluted household bleach (mixing 1 part of household bleach containing 5.25% sodium hypochlorite with 99 parts of water), leave for 15-30 minutes and then rinse with water and wipe dry. For metal surface, disinfect with 70% alcohol. Bleach should be used within one day after diluted.



3 Protect Yourself and Prevent Others from Contracting Diseases



- Wear a mask and conduct body temperature checks before entering the site. If employees have COVID-19 symptoms (e.g. fever, respiratory symptoms or sudden loss of taste or smell), refrain from work, seek medical advice immediately and notify supervisor.
- Comply with the compulsory testing notice in the Government Gazette, employees who had been to specified construction site should undergo a COVID-19 test. Employees who underwent testing are advised to stay at home and avoid going out when waiting for test results.



Maintain healthy lifestyle to boost immunity: Balanced diet, regular exercise and adequate rest. Do not smoke and avoid alcohol consumption.



Avoid meal gathering, avoid talking without mask while having meals as far as possible until after finishing meals and putting on masks. Cover your mouth and nose with tissue paper when sneezing or coughing without mask. Dispose the soiled tissues into a lidded rubbish bin, then wash hands thoroughly.



Put up posters prominently to promote hand hygiene, cough etiquette and other health tips for preventing COVID-19 on site.

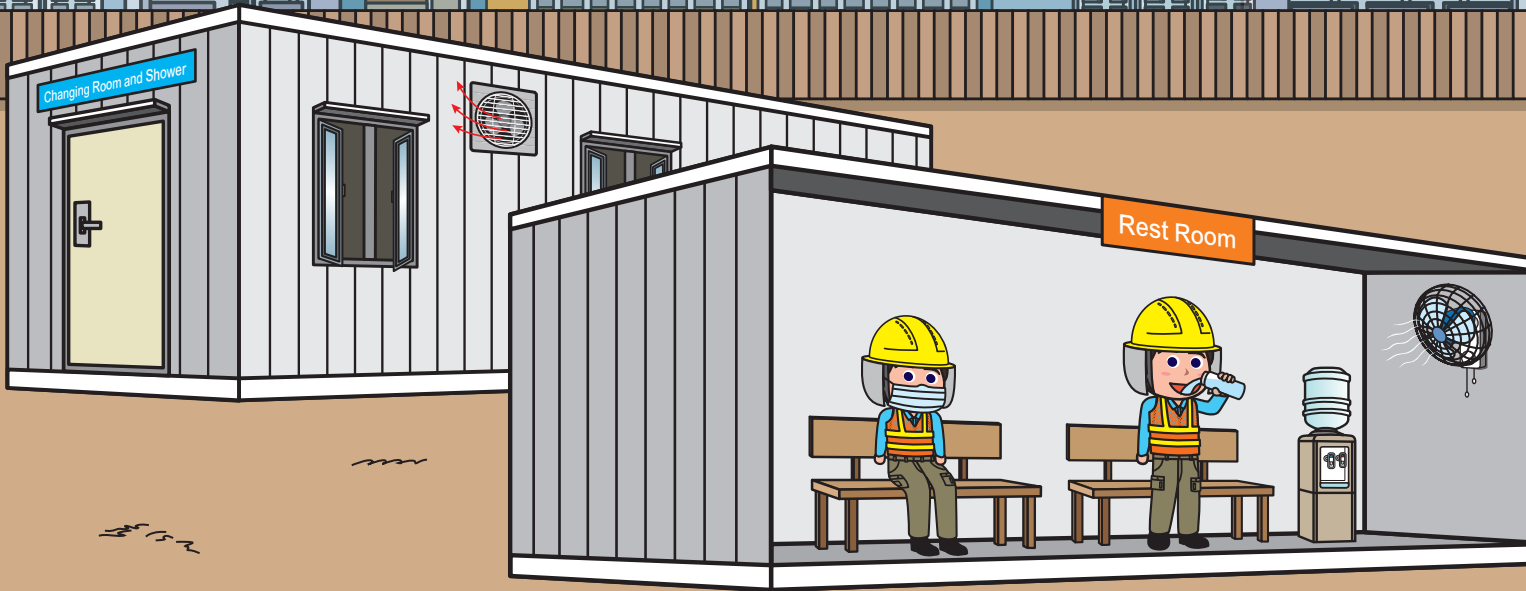


Rearrange work schedule and conduct meetings by video conferencing or phone calls to minimise physical contacts.



3 Protect Yourself and Prevent Others from Contracting Diseases

- If mask has to be taken off temporarily during changing, do not talk without mask and put on the mask as soon as possible after changing.
- Maintain social distancing with at least 1.5 metres when using shower facilities, use enclosed individual cubicles or alternate shower heads or cubicles.
- Avoid sharing of locker and personal items such as towel.



Increase the numbers of rest containers and arrange breaks in different time slot if possible, limit the number of workers in each container at the same time. Rest in open area, avoid rest gathering.

Maintain social distancing with at least 1.5 metres if wearing mask is not feasible. Avoid talking face-to-face without mask. Wear a mask in crowded area.

Procure masks with good filtration efficiency as well as breathability (good breathability when Differential Pressure Delta P at 3 or under) to reduce level of exertion and discomfort of workers.



Differential Pressure
Delta P ≤ 3
(mmH₂O/cm²)



Wear a Mask Properly



How to Wash
Hands Properly?



Areas Missed During
Hand Washing



Anti-epidemic Guidelines
for Frontline Workers



Anti-epidemic Information
Centre for Health Protection

