

# LET'S AVOID THE SPREAD OF COVID-19

Follow these **recommendations**:



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**1.** Maintain **social distancing** by **staying 1.80mts apart from others**. This a virus that spreads quickly, let's avoid person to person transmission.
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**2.** Allow the constant circulation of air in all workspaces.
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**3.** **Cover your mouth when coughing or sneezing with your forearm.**
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**4.** Follow the hand-washing protocol using soap and water or detergent for 20 seconds, generating enough foam to cover hands and wrists.
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**5.** 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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**6.** The Personal Protective Equipment, PPE, should not be shared with others.
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**7.** Wash your Personal Protective Equipment, PPE, and all the clothes you used during the day with water and soap.
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**8.** Rinse the empty pesticide containers and puncture them while still wearing your Personal Protective Equipment.
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**10.** If you work with machinery, do not share the cabins. Remember to disinfect before using them.
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**11.** Keep your workers informed of every measure issued by the health authorities in your country.
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**12.** 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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**9.** Verify if nearby collection centers are receiving containers, otherwise, leave them in the storage after rinsing and puncturing them.
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**14.** **No one with an isolation order should show up to work, under any circumstance.**
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**15.** Keep at hand the telephone number designated for health assistance.
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**13.** 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 or the number that authorities have designated for these cases.
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**16.** **This and any other health protocol issued by the authorities should be shared and repeated to your workers on a daily basis.**

