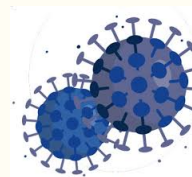


CORONAVIRUS PREVENTION TECHNIQUES FOR HOUSEMAIDS



1. Frequent hand washing
2. Use of gloves and protective clothing
3. Avoid spreading the disease through coughing or sneezing
4. If you have symptoms, call the hotline from Castilla y Leon

Symptoms:   

 **900 222 000** Castilla y Leon

Tips for the use of gloves and protective clothing

- Use gloves!
- While wearing gloves, hands should also be washed frequently, especially before touching food, medication, or surfaces that will come in contact with a person's face or hands.
- It is better to wear single-use gloves and throw them away at the end of our journey.
- If this is not possible, wash the reusable gloves very well just before taking them off and just after putting them on again at the beginning of the shift.
- Wash your hands after you've taken off your gloves

How to wash your hands?

Washing time: between 40 and 60 seconds



- 1** Wet your hands
- 2** Apply enough soap to cover all hand surfaces.
- 3** Rub the palm of your hands together
- 4** Rub the palm of the right hand against the back of the left hand, with the fingers interlocking, and then the other way around.
- 5** Rub the palms of your hands together, with your fingers interlocked
- 6** Rub the back of the fingers of one hand against the palm of the opposite hand, while holding the fingers together
- 7** Wrap your left thumb around your right hand and rub it with a twisting motion and do it another time reversed.
- 8** Rub the tips of your right hand against the palm of your left hand, and do a twisting motion. Then do it the other way around.
- 9** Clean your hands
- 10** Dry with a single-use towel.
- 11** Use the towel to turn off the tap. Your hands are safe now.

 Organización Mundial de la Salud

Seguridad del paciente
Alianza mundial en pro de una atención de salud más segura

SALVE VIDAS
Limpiese las manos



ACTIONS FOR HOME ISOLATION (COVID 19)

IF THE PATIENT NEEDS TO LEAVE THE ROOM, HE OR SHE SHOULD WEAR A SURGICAL MASK (WITHOUT FILTERS) AND MAINTAIN THE SAFETY DISTANCE.



OPERATIONAL TELEPHONE TO COMMUNICATE WITH HEALTH STAFF.



CLEAN WITH LYE 1:100 (100G PER LITRE OF WATER)



RECOMMENDATIONS FOR THE OTHER

INHABITANTS OF THE HOUSE:

- AVOID CONTACT WITH THE PERSON WITH SYMPTOMS, ESPECIALLY VULNERABLE GROUPS: THE ELDERLY, CHRONICALLY ILL, IMMUNOSUPPRESSED OR PREGNANT PEOPLE.
- ENSURE THAT JUST ONE PERSON PROVIDES CARE FOR THE PATIENT
- WASH YOUR HANDS WITH SOAP AND WATER OR HYDROALCOHOLIC SOLUTION AFTER ANY CONTACT WITH THE PATIENT OR HIS/HER IMMEDIATE ENVIRONMENT
- DISINFECT TAPS, SWITCHES AND DOOR KNOBS FREQUENTLY, ESPECIALLY IF THE PATIENT USES THE COMMON AREAS.

THE ROOM SHOULD BE WELL VENTILATED TO ALLOW AIR CIRCULATION FROM THE OUTSIDE OF THE HOUSE.



BATHROOM FOR THE EXCLUSIVE USE OF THE AFFECTED PERSON, IF POSSIBLE.



WASTE BIN WITH PEDAL-OPERATED LID, AND A SELF-CLOSING BAG INSIDE.



CLOSE THE DOOR.



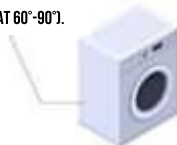
WASH DISHES AND CUTLERY AT HIGH TEMPERATURES (IF POSSIBLE WITH A DISHWASHER).



CORRECT HAND WASHING OF 40 - 60 SECONDS WITH WATER AND SOAP (OCCASIONALLY WITH HYDROALCOHOLIC SOLUTION)



CLOTHES AND SHEETS SHOULD BE PUT IN A CLOSED BAG TO TAKE THEM TO THE WASHING MACHINE (WASH AT 60°-90°).



RECOMMENDATIONS FOR CLEANING AND DISINFECTING THE KITCHEN

1. Remove dirt, food and cooking grease from the kitchen
2. Clean surfaces, containers, electrical appliances and kitchen utensils properly with a disinfecting product.
3. Clean the worktops with warm water, use a cleaning agent and rub; do not remove the product immediately but leave it for one or two minutes; when it takes effect, wash it off with warm water and finally dry the surface.
4. Do not use wooden kitchen utensils.
5. Wipe frequently and use a different cleaning cloth for each cleaning.

TIPS TO AVOID INFECTION

- Every time someone sneezes or coughs, he or she should covers his or her mouth/nose with his or her elbow. If there was no time, clean the surface on which the person has coughed or sneezed on.
- Clean your phone regularly.
- If you work with a person who has tested positive for Coronavirus, he or she must wear a mask and provide workers with protective gear.
- If you are at serious risk of being infected, call the health authorities to inform them of the situation. You have the right to stop the work when there is a serious risk to your health.