



COVID-19 Hand Hygiene and Respiratory Etiquette for Migrant Workers

Hand hygiene

Refers to hand washing with soap and water or hand sanitizing with alcoholic solutions, gels or tissues to maintain clean hands and fingernails. Hand Hygiene should be performed frequently and during the following:

- Before, during and after washing and preparing food;
- Before and after eating;
- After using the toilet;
- After coughing/sneezing into a tissue (or if non-compliant with respiratory etiquette);
- After handling body fluid-contaminated waste or laundry;
- Whenever hands look dirty
- Immediately after removing gloves
- After contact with an ill person
- Before and after touching the garbage bin

Hand washing is the best way to remove germs in most situations. If soap and water are not available, hands can be cleaned with an alcohol-based hand sanitizer (ABHS) that contains at least 70% alcohol, ensuring that all surfaces of the hands are covered (e.g. front and back of hands as well as between fingers) and rubbed together until they feel dry.

Respiratory etiquette

Describes a combination of measures intended to minimize the dispersion of large particle respiratory droplets when an ill person is coughing, sneezing and talking to reduce virus transmission.

Proper respiratory etiquette includes the following:

1. Using a tissue to cover coughs and sneezes
 - Dispose of tissues into the nearest waste container and perform hand hygiene (e.g. hand washing with soap and water or alcohol based hand sanitizer)
2. Cough/sneeze into the bend of your arm, not your hand



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