










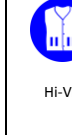




 <b>RAMS Title: 18. 'COVID-19' – Sevenoaks 1<sup>st</sup> Team Matches &amp; Training</b>					<b>RAMS Document Control:</b> <b>STFC – COVID-19 1<sup>st</sup> Team Matches &amp; Training</b>			<b>RAMS Risk Rating</b> <b>D4 - HIGH</b>	
<b>Date:</b> 22 July 2020 <b>Review:</b> July 2021	<b>Site:</b> Sevenoaks Town FC 3G Stadium <b>Assessed By:</b> Paul Lansdale – Chairman and Justin Baker – FCCA, IOSH Managing Safety (Volunteer)	<b>Who Might Be Harmed:</b> (insert ✓ )	<b>Coaches</b> ✓	<b>Volunteers</b> ✓	<b>Officials/players</b> ✓	<b>All Visitors</b> ✓			

Known Hazards (insert ✓ )								PPE to be Used (insert ✓ )							
															
						✓	✓			✓				✓	

**Equipment Required:**

- Sanitising Spray for warm up and match equipment
- First Aid PPE as per The FA First Aid Guidance
- Hand Sanitiser supplied at the club pitch entrance and exit.
- Temperature reader for access to the ground
- Hand Soap and Consumables for Toilet and shower rooms

# RISK ASSESSMENT AND METHOD STATEMENT (RAMS)

- Important to note that probability of contracting COVID-19 are further reduced with Government controls in place. Should Government guidelines change then a review of training provision will take place.

Activity	Task Specific Hazard(s)	Risk Rating			Control Measure(s)	Residual Risk		
		Probability	Severity	Rating		Probability	Severity	Rating
Communication	Infection risk of Covid-19	3	4	12	<ul style="list-style-type: none"> <li>• The club is following the Government Guidelines, The League and The FA guidelines for return to football for COVID-19.</li> <li>• Everyone - All players/coaches/volunteers/club officials, etc. will be provided with access and asked to read The FA 'Code of Behaviour'</li> <li>• An email has been sent to all players/coaches/volunteers giving instructions/information and this will be provided to any visiting teams and match officials prior to arrival.</li> <li>• Coaches/volunteers/players/match officials/ visiting teams will be reassured and instructed to ensure they wash their hands and comply with social distancing.</li> <li>• All visitors are instructed to carry out a self-assessment with regards to COVID symptoms and informed not to come to the stadium and self-isolate.</li> <li>• Anyone who wishes to shield will be permitted to do so.</li> <li>• All visitors will be provided with a reminder of the symptoms of COVID-19 and need to follow government guidelines.</li> <li>• Attendees records to the stadium will be kept for 21 days in line with the club's data protection policy and used upon request to comply with the requirements for the NHS track and trace. Confirmation will be obtained from visiting teams to confirm they have all contact details for their visiting team.</li> <li>• Communication sent to all with regards to the stadium controls in place by the club for attendance at the training/matches.</li> <li>• No indoor training or matches of any kind can take place until further notice.</li> </ul>	2	4	8

## RISK ASSESSMENT AND METHOD STATEMENT (RAMS)

					<ul style="list-style-type: none"> <li>Board Members responsible for COVID-19 Policy will observe a number of matches in order to ensure compliance and reminders of compliance is adhered to.</li> </ul>			
Access Control	Infection risk of Covid-19	3	4	12	<ul style="list-style-type: none"> <li>Coaches/Volunteers/Players/Parents/Officials will only be allowed into the 3G stadium at their allotted time.</li> <li>Manned Access control will be managed via the turnstiles.</li> <li>A one-way system will operate around the football pitch as far as reasonably possible with social distancing markers in place.</li> <li>PPE will be provided if medical assistance is required and social distancing is not possible.</li> <li>Hand Sanitiser is provided before entering the ground, while inside the ground and on exiting the ground.</li> <li>All entrants to the stadium must undertake and pass a Temperature reading machine otherwise entry is refused.</li> <li>Access touchpoint will be cleaned prior to training/matches and sprayed at least every 30 days <u>or as required</u> with sanitising solution that provides up to a 30 day residue to combat COVID-19 and other viruses.</li> <li>Signage inside the stadium will provide guidance and reminders of social distancing measures.</li> </ul>	2	4	8
H&S Arrangements and First Aid	Infection risk of Covid-19	3	4	12	<ul style="list-style-type: none"> <li>Medical and PPE provision is available at the ground to follow The FA PPE level requirements for First Aid.</li> <li>First Aiders are advised to wash hands after treatment and record name, date and treatment provided for NHS track and trace process.</li> <li>Suitable sanitisation process in place for stadium touchpoints</li> <li>Signage regarding handwashing and social distancing is displayed</li> <li>Hand wash and santiser and wipes are available</li> <li>A quarantine room has been allocated which has direct access to the outdoors and first aid including wipes, gel and sanitiser. (See RAMS Stage 2&amp;3 for process if used)</li> </ul>	2	4	8

## RISK ASSESSMENT AND METHOD STATEMENT (RAMS)

					<ul style="list-style-type: none"> <li>Emergency evacuation procedures have been reviewed alongside the fire risk assessment.</li> </ul>			
Training and Warm Up Session Equipment	Infection risk of Covid-19	3	4	12	<ul style="list-style-type: none"> <li>Staggered start times will be allocated for matches and training sessions to reduce overcrowding.</li> <li>Coaches will be required to bring their own football equipment</li> <li>Equipment is not to be shared by other teams.</li> <li>Bibs should be allocated to a player to keep and launder between sessions</li> <li>Footballs, cones and other training equipment must be sanitised at commencement, as required through the training session and at the end of the training session.</li> <li>Only the coaches should place and collect up all the training equipment used at the training session.</li> <li>Touchpoint will be treated at least every 30 days or as required with sanitising solution that provides up to a 30-day residue to combat COVID-19 and other viruses. (Appendix A of to Stage 1 RAMS document).</li> <li>The venue will have a periodic swab test to touch points to ensure sanitising program is effective otherwise more frequent sanitisation will take place.</li> <li>Coaches and players reminded to wash their training/match kits after each session.</li> <li>Pitch side areas have been provided for the sanitisation of all coaches equipment used for the session at entry and exit points to the pitch.</li> <li>Players should refrain from spitting, chewing gum and shouting in close proximity of others.</li> <li>Players and coaches should remain inside their allocated training area and ensure that they are able to maintain social distancing when not participating in competitive training sessions.</li> </ul>	2	4	8

# RISK ASSESSMENT AND METHOD STATEMENT (RAMS)

Competitive Match Play and Training		3	4	12	<ul style="list-style-type: none"> <li>STFC to be affiliated with County Football Association prior to match play.</li> <li><b>Safety briefings</b> prior to competitive activities should be provided reminding participants of The FA 'Code of Behaviour' and the requirement to social distance during breaks in play.</li> <li><b>Pre-match handshake</b> should not happen. Instead players will be asked to hand-sanitise before kick-off;</li> <li><b>Team talk huddles</b> should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible;</li> <li><b>Warm-ups/cool-downs</b> should always observe social distancing;</li> <li><b>Coaches, other team staff and substitutes</b> are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made; Additional seating area will be provided to allow for social distancing</li> <li><b>Match preparation meetings</b> by officials should be held by video call;</li> <li><b>Set plays – free kicks:</b> referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;</li> <li><b>Set plays – corners</b> should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time.</li> <li><b>Goal celebrations</b> should be avoided;</li> <li><b>Interactions with referees and match assistants</b> should only happen with players observing social distancing;</li> <li><b>Kit</b> should be taken home and washed after play</li> <li><b>Football</b> should not be handled unless for throw-ins and if the ball goes outside of the pitch confines then it should be sanitised before re-entering play and an alternative sanitised ball used to help the game flow. Use of foot instead of hands where possible.</li> <li><b>Goalkeepers</b> to disinfect their gloves regularly</li> <li><b>Technical Areas will have</b> additional seating provided to allow for social distancing to take place</li> </ul>	2	4	8
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## RISK ASSESSMENT AND METHOD STATEMENT (RAMS)

Match Officials	Infection risk of Covid-19	2	4	8	<ul style="list-style-type: none"> <li>Match officials should observe The FA's guidance and any contact form players or managers with match officials should be done so while observing social distancing measures at all times.</li> <li>Team sheets to be sent electronically by teams</li> <li>No hand shaking</li> <li>Electronic Payments made where necessary.</li> </ul>	1	4	4
Break times	Infection risk of Covid-19	2	4	8	<ul style="list-style-type: none"> <li>Players will be reminded to keep social distancing a priority during any breaks.</li> <li>Players will be asked to bring their own named water bottles, hand sanitizer, sun cream for their training or match session to be used during, before, after and any break.</li> <li>Volunteers/Staff reminded of social distancing</li> </ul>	1	4	4
Store rooms and club house.	Infection risk of Covid-19	2	4	8	<ul style="list-style-type: none"> <li>Clubhouse and store rooms will remain closed for access by all with separate RAMS carried out for the clubhouse reopening. The Clubhouse changing room can be used and covered under this heading below.</li> <li>Store rooms will only be accessed by those trained to use stored equipment. Those trained will provide sanitizing clean to their grounds equipment after each use with appropriate chemical.</li> <li>Where maintenance work is being carried out, social distancing measures are in place and where this may not be possible then face masks are provided.</li> </ul>	1	4	4
Toilets		3	4	12	<ul style="list-style-type: none"> <li>Toilets will be treated at least every 30 days or as required with sanitising solution that provides up to a 30-day residue to combat COVID-19 and other viruses.</li> <li>Toilets will have one way system and 'one out - one in' approach.</li> <li>During pitch opening, the toilets will be checked hourly for consumables and sanitizing wipe as required.</li> </ul>	2	4	8
Changing Rooms/ Showers		3	4	12	<ul style="list-style-type: none"> <li>Changing rooms/shower rooms will be used for matches where required to do so by the league. However, all teams and officials will be asked to attend the match already changed.</li> </ul>	2	4	4

## RISK ASSESSMENT AND METHOD STATEMENT (RAMS)


					<ul style="list-style-type: none"> <li>All players/ coaches/ match officials are advised to shower at home after matches.</li> <li>Where changing rooms/showers are to be used then they will be treated at least every 30 days or <u>as required</u> with sanitising solution that provides up to a 30-day residue to combat COVID-19 and other viruses. (Appendix A to Stage 1 RAMS document).</li> <li>Clubhouse changing facilities can be used in addition to those inside the ground to aid social distancing and these will be sanitised prior to use.</li> <li>Changing Room windows will be opened to allow for ventilation.</li> <li>Only authorized personnel to access changing rooms and each will be clearly marked with the maximum number of individuals permitted access and this communicated to all teams and officials.</li> <li>Changing rooms only used for changing and showering and no other purpose.</li> </ul>			
Spectator Stands	Infection risk of Covid-19	3	4	12	<ul style="list-style-type: none"> <li>Currently isolated from use with only designated standing area provided with social distancing in place for match attendees</li> <li>No Match spectators will be permitted until further notice.</li> </ul>	1	4	4
Travelling, Car Park and External Areas outside the Stadium	Infection risk of Covid-19	2	4	8	<ul style="list-style-type: none"> <li>All participants will be reminded of the need to comply with the latest government legislation for traveling to and from matches.</li> <li>Users of Local Authority Car Park and the park area are reminded to maintain social distancing and follow government guidelines.</li> <li>Club will not authorize the sharing of vehicles unless family members but will advise participants of the importance of vehicle hygiene, personnel hygiene, ventilation and face masks should a situation arise where it may occur.</li> </ul>	1	4	4

Additional RAMS available for Youth Football Training and Match Play at the Stadium

**PROBABILITY X SEVERITY = RISK RATING (USING BOSTON SQUARE);**

1 to 6 Controls are adequate; 8 to 12 Review controls, take additional action if required; 15 to 25 Urgent actions required, Stop Work.

<b>Method Statement</b>		<b>Risk Assessment Number:</b>	<b>STFC – COVID-19 Stage 1 v1.2</b>
<b>Risk Assessment Title:</b>	<b>'COVID-19' - Sevenoaks Town FC 3G Stadium</b>	<b>PAT Test/Inspection Due:</b>	<b>No</b>
<b>Definition:</b>			
<b>Personal Protective Equipment (PPE)</b> is all equipment including clothing affording protection which is intended to be worn or be held by a person at work and which protects them against one or more risks to their health and safety e.g. face masks, hand sanitizer, gloves			
<b>Legal Duties:</b>			
PPE at Work Regulations state that personal protective equipment is to be supplied and used at work wherever there are risks to health and safety that cannot be adequately controlled in other ways. Any PPE is to be provided free of charge and when issued employees/coaches/volunteers are legally obliged to wear it as identified by the relevant risk assessment.			

<b>PROCEDURE &amp; CONTROL MEASURES</b>	
<p><b>COVID-19 :-</b> <a href="https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19">https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19</a></p> <p><a href="http://www.thefa.com/news/2020/jul/17/grassroots-guidance-for-competitive-football-restart-in-england-170720">http://www.thefa.com/news/2020/jul/17/grassroots-guidance-for-competitive-football-restart-in-england-170720</a></p> <p>This RAMS gives strict guidance on the generic risks and control measures of training at Sevenoaks Town FC 3G Stadium</p> <p>Index for the Map positioned on the next page</p> <p> Training / Match Pitch, complying with maximum number of people allowed as directed by The FA to their allocated part of the pitch at any one time.</p>	





**ONE WAY system around the pitch**



**Pre and Post training equipment sterilisation points**



**Quarantine Room for those showing COVID-19 symptoms during session (follow RAMS Stage 2&3 if used).**

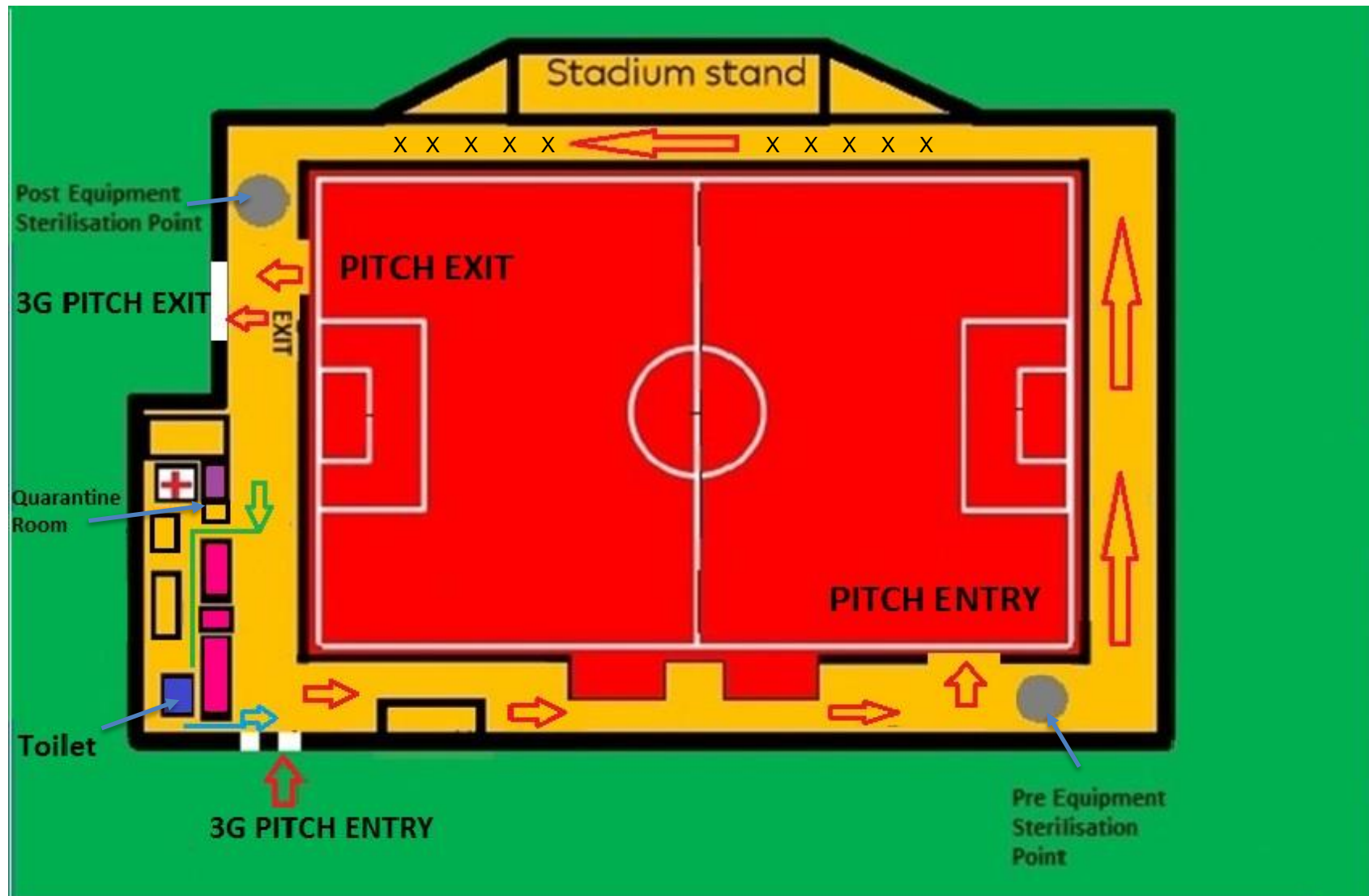


**Toilet with Green arrow and line showing entry and blue line and arrow showing exit for one-way system**

**Changing Rooms**



**Attendees (non player/officials) standing position**



**Arrival**

- Communication with Away team and Match officials to advise them of the access ground layout and ground control measures.
- Before travelling ensure you have self-assessed and do not attend the ground if you have any COVID-19 symptoms which are detailed on the COVID-19 questionnaire.
- On arrival at the car park ensure you follow government guidelines on maintaining a safe distance from others.
- Only make your way to the 3G pitch if it is possible to maintain social distancing from others.
- Wait outside the 3G pitch entrance before entering the ground to allow others in front to leave the entrance area maintaining the appropriate social distance.
- The turn style entrance will be manned and you will be required to confirm that you are not suffering from any COVID-19 symptoms after which you and all entrants will undertake a temperature check before being allowed to enter the stadium. If you are refused entry please return home and seek medical advice.
- Hand sanitiser is available for use at the point of entry and you may proceed around the one-way system when it is free and clear to do so.
- Follow the one-way system and maintain social distancing. Go directly to the allocated training area/ warm up area on the pitch in the red zone if it is free, maintaining social distancing. If your area on the pitch is occupied then remain in the orange zone with players maintaining a social distancing and only allow entry to the pitch when it is been vacated.
- Maximum of number of people as specified by the FA guidance are only permitted in the allocated training area (including coaches) at any one time.
- All match team players may access the red zone maintaining social distancing
- There is a position just passed the pitch entry point for sanitising football training equipment if not already done so.

**During Training and Warm Ups/Cool Downs**

- Only coaches to touch the training equipment do not ask players to move or collect or set down.
- Players should not handle the balls where possible or unless you are a goalkeeper wearing gloves which should be sanitised regularly. Santitising solution will be available by each goal for use.
- Players should not spit or chew gum.
- Players should be encouraged to cough and sneeze into their elbow should they need to while in the stadium.
- Players, coaches and officials must follow The FA 'Code of Behaviour'
- Warm-ups/cool-downs should always observe social distancing;

**During Matches – Must be affiliated with local county FA for the 20/21 season before any match play takes place.**

- Safety Briefings prior to competitive activities should be provided reminding participants of The FA 'Code of Behaviour' and the requirement to social distance during breaks in play.
- Pre-match handshake should not happen. Instead players will be asked to hand-sanitise before kick-off;

- Team talk huddles should not take place. Team talks can take place, as long as social distancing is observed and held outdoors where possible;
- Coaches, other team staff and substitutes are allowed, but must also always observe social distancing on touchlines/dug-outs. Social-distancing must also be observed during interactions when a substitution is being made;
- Match preparation meetings by officials should be held by video call;
- Set plays – free kicks: referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls;
- Set plays – corners should also be taken promptly to limit prolonged close marking and goal posts should be wiped down before matches, after matches and at half time.
- Goal celebrations should be avoided;
- Interactions with referees and match assistants should only happen with players observing social distancing;
- Small-sided football should be modified to provide more regular hygiene breaks in activity. Players should be discouraged from touching boards at any time, with tackling against boards discouraged. Referees should consider stopping play when this happens.
- Youth football coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks in activity.
- Kit should be taken home and washed after play.
- Footballs should not be handled unless for throw-ins and if the ball goes outside of the pitch confines then it should be sanitised before re-entering play and an alternative sanitised ball used to help the game flow.
- Goal Posts, sub benches and Flag Posts will be treated with sanitising solution which can last up to 30 days.
- Half Time break goal post and corner flags will be sanitised even though they will be treated with a solution which can continue to work up to 30 days in order to comply with league requirements.

#### **Toilets/Changing Rooms**

- Anyone attending training or matches should try and use the toilet before leaving home.
- Toilet facilities will be available at the ground using the one way system as detailed on eh map. Green line and arrow showing entry and blue line and arrow showing exit. Please follow the one-way system around the pitch.
- Toilets will be treated with santising solution which can last up to 30 days.
- On training and match days the toilets will be checked periodically to ensure consumables are present and to sanitise any obvious soiling and door handles.
- Signage will be provided for one-way system and washing of hands.
- Changing Rooms will only be used for changing and showering and no other reason in order to comply with league regulations.
- When changing rooms are open they will be treated with a sanitising solution that can last up to 30 days and notices will be placed inside detailing the maximum number of permitted individuals that are able to maintain social distancing once inside.

- All Changing room windows and doors where possible should be left open to allow for ventilation.
- Additional changing facilities are available to be used in the Clubhouse in order to aid social distancing and they will be used should more individuals than permitted number of individuals requiring access to changing facilities exceed the permitted number for the ground changing rooms. In order to facilitate this, away teams will be asked whether they will need the facility and if so for how many individuals.

### Player Injury at Training or During Match play

If STFC provide a HCPs the HCP will abide by the guidance as depicted by the League, as advised by the Government and the elite sport framework.

STFC first aiders will follow the guidance set out in The FA 'Return to Grassroots Football' as a minimum. The FA guidelines as detailed in the table below wearing the appropriate PPE based on the injury being treated if they need to compromise social-distancing guidelines to provide medical assistance. All PPE will be kept at the ground for use by first aiders and HCPs. A copy of The FA's 'Clubs and Coaches Covid-19 first aid guidance' will be distributed to HCPs and first aiders.

**TABLE 2: DEFINITION OF SITUATIONAL PERSONAL PROTECTIVE EQUIPMENT LEVEL REQUIREMENTS**

What are the hazards?	Gloves	Apron	Fluid-resistant long-armed gown/coveralls	Fabric/cloth mask <sup>^</sup>	Fluid-resistant Surgical Face mask Type IIR	Filtering Face Piece Respirator 3 (FFP3) mask <sup>^^</sup>	Eye Protection Goggles/ Full face visor in addition to personal spectacles
	SINGLE USE*	SINGLE USE*	SESSIONAL USE**	SESSIONAL USE**	SESSIONAL USE**	SESSIONAL USE REUSABLE***	SESSIONAL USE REUSABLE***
<b>NON-MEDICAL SCENARIO</b> Where social distancing may be compromised <sup>?</sup> including at training	X	X	X	✓	X	X	X
<b>LEVEL 1</b> Where government-advised distancing may not be maintained at all times	X	X	X	X	✓	X	X
<b>LEVEL 2</b> Within 2m of player, which may include face to face contact for assessment and management of all individuals including those who are positive or symptomatic	✓	✓	X	X	✓	X	✓
<b>LEVEL 3/AGP</b> Aerosol-generating procedure (AGP or high potential for aerosol)	✓	X	✓	X	X	✓	✓
<sup>^</sup> 3 layers: 1st water absorbent cotton   2nd filter layer   3rd is water resistant <sup>16</sup> <sup>^^</sup> Please be aware WHO <sup>16</sup> does recommend FFP2 mask as an alternative in FFP3. However FFP3 is included in this framework as this is in line with PHE <sup>*</sup> Single use: Equipment that must be changed after each contact <sup>**</sup> Sessional use: Worn for a period of time when undertaking duties in a specific clinical care setting/exposure environment; a session ends when the responder leaves this defined remit; however, it should be disposed of if it becomes moist, damaged or visibly soiled; <sup>***</sup> Reuseable equipment appropriately decontaminated to PHE standards that can be reused <sup>13</sup> .							

Non-medical but unable to comply with social distancing

Level 1 Can be seen as any minimal contact with injured players (<1min)

Level 2 Should be seen as any prolonged period of time spent with injured player

Level 3 Should be seen as any injured player with bodily fluids and /or aerosol generation (e.g. shouting /screaming)

**Departure**

- Players and coaches to leave the pitch by the exit gate marked on the map and follow the one way system around the pitch.
- There is a position at the pitch exit point for sanitising football training, warm up, match equipment immediately after the session which must be done.
- Hand sanitizer is available at the exit to be used.
- Exit through the perimeter fence gate and wait at a safe distance on the other side for players to be collected by a family member or guardian.
- Maintain social distancing from others at all time.

If the event of an emergency e.g. fire, then please use all available emergency exit points.

**Showing Symptoms of COVID-19 while at the Stadium**

Symptoms are:-

- **Has a high temperature (above 37.8oC);**
- **Has developed a new continuous cough;**
- **Has shortness of breath or a sore throat;**
- **Loss of or change in normal sense of taste or smell;**
- **Or generally feels unwell**


Should a person show any one of these symptoms then do not travel to the stadium, self-isolate and seek medical advice. If a person has entered the stadium and then shows signs of COVID-19 then they should leave the stadium with an accompanying family member or guardian. If this is not possible then the use of the quarantine room must be used. Quarantine Room RAMS must be followed and are labelled as Stage 2&3 v1.2. Use of professional Cleaning company to decontaminate areas are available upon request. Contact details Wetton Cleaning Services Limited, Contact Tel 0207 237 2007 [www.wettons.co.uk](http://www.wettons.co.uk).

**Manned Entry for Access**

- Manned gate area will be sanitised with solution that can last up to 30 days and periodically checked.
- Person manning must not be shielding and must wear gloves and a face mask as a minimum and used hand sanitizer or wash hands prior to commencement of shift.
- Clear divider between turnstyle entrance and manning point.
- Manned gate person to check entrants that they have self checked for COVID-19 symptoms.
- Undertake the Temperature check and refusing entry to anyone failing.
- Once all entrants arrived then will undertake a check of the washrooms and carry out sanitising clean to handle touchpoints an any obvious soiling plus replenish any consumables as required.
- At end of shift dispose of gloves and sanitising hands before departure.

ADDITIONAL INFORMATION

Ensure that you follow social distancing measures at all times. If you are unsure of any process then please ask.

RISK MATRIX		Severity					
		1: Insignificant	2: Minor	3: Moderate	4: Major	5: Catastrophic	
Likelihood	A: CERTAIN (> 90%)	Moderate	High	EXTREME	EXTREME	EXTREME	
	B: LIKELY (50 to 90%)	Moderate	Moderate	High	EXTREME	EXTREME	
	C: POSSIBLE (20 to 49%)	Low	Moderate	High	EXTREME	EXTREME	
	D: UNLIKELY (5 to 19%)	Low	Low	Moderate	High	EXTREME	
	E: RARE (<5%)	Low	Low	Moderate	Moderate	High	
Completed By:		Name:	Paul Lansdale	Position:	Chairman	Date:	23 June20
Comments:						Review Date:	June 2021
Completed By:		Name:		Position:		Date:	
Comments:						Review Date:	June 2021



# World Health Organization

Recovered 03Mar20 from: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

## Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health Organization

## Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



**Throw tissue into closed bin immediately after use**

**Clean hands** with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



World Health Organization