

# HOW SARS-CoV-2 TRANSMISSION CAN BE PREVENTED AND CONTROLLED



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## HAND HYGIENE



Washing hands with soap and water for 40–60 s, using the WHO-recommended hand-washing technique or  
 Rubbing hands with alcohol-based sanitizers containing  $\geq 60\%$  ethanol or  $\geq 70\%$  isopropanol, if hands are not visibly soiled

## RESPIRATORY HYGIENE



Covering the nose and the mouth with a bent elbow or tissue, followed by proper disposal of the tissue and hand hygiene

## APPROPRIATE USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE)



Use of masks (cloth, surgical, N95, etc.) and face shields, with proper hand hygiene maintained before putting them on and after taking them off

Use of full PPE (masks, gowns, goggles, gloves, and boots) by healthcare professionals, with proper hand hygiene maintained before putting them on and after taking them off

## ENVIRONMENTAL CLEANING



Regularly cleaning and disinfecting frequently touched surfaces in public areas, healthcare facilities, workplaces, shops, etc. with detergent and water, 0.1% (1000 ppm) sodium hypochlorite, 70–90% ethanol, or 0.5% hydrogen peroxide

## PHYSICAL DISTANCING



Maintaining a minimum 2-m (6-ft) distance between individuals in public places

## SCREENING & TESTING



Recognizing individuals with suspected COVID-19 through appropriate screening procedures in healthcare settings and testing them to confirm infection status

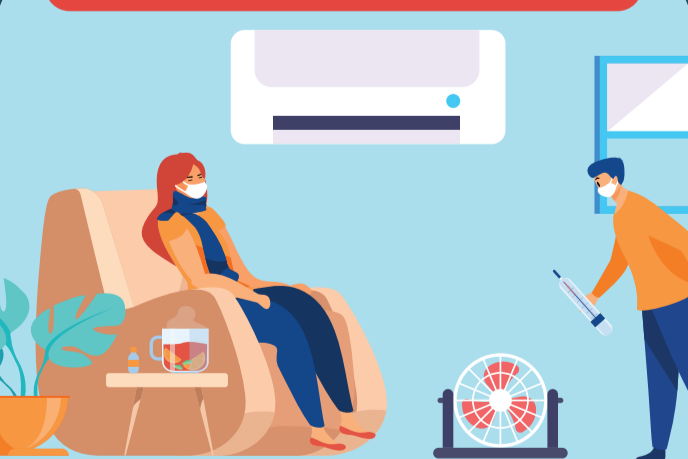
## CONTACT TRACING



Identifying individuals potentially exposed to a person with confirmed COVID-19 through

- Direct interviews with patients/caregivers
- Reviews of lists of people potentially exposed (e.g., passengers, healthcare personnel, event attendees)
- Contact-tracing apps

## ISOLATION



Confining patients with suspected or confirmed COVID-19 to well-ventilated single rooms and ensuring restricted contact with others

## COMMUNITY ENGAGEMENT



Educating the public about prevention strategies, encouraging conformance and cooperation, building solidarity



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