



HSE BULLETIN

Issue 33, May 2020

How to Protect Yourself & Others(nCovid-19)

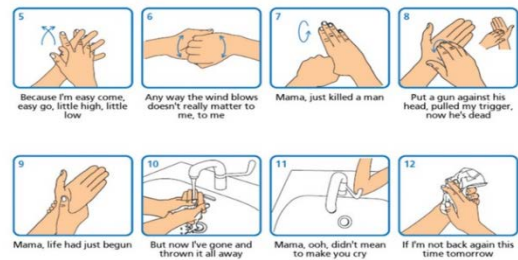
Know how it spreads

- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

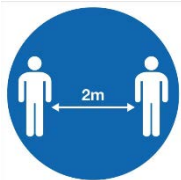


Wash your hands often

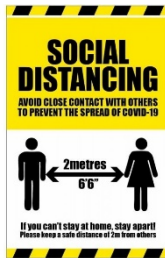
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact



Keep your distance!
Please observe social distancing advice



Use of Mask & Gloves

- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.

Self-isolation

Restrict your movements further if you:-

- Live with someone who has symptoms of coronavirus, but you feel well.
- Are a close contact of a confirmed case of coronavirus.
- while you wait for test results.
- if you have had a positive test result for coronavirus.

Please Send your answers by email to:

hse@aimsgt.com

What is the intensity of sound in normal conversation?

- a) 10 to 20 decibels
- b) 0 to 10 decibels
- c) 50 to 60 decibels
- d) 30 to 60 decibels

prepared by: Sadik pm

Last Month HSE Quiz

Answer: Option A

✓ Affan Juddy

Congratulations!

