

Validation of Capsule Understanding about Hygiene and Physical Distancing Measures for COVID-19

Question 1

Indeed, the answer is **C**.

Do not wait until the next day, because during the day your droplets spread in your workplace and if you have COVID 19, you could contaminate your colleagues. Taking a medication, such as Tylenol, only reduces your symptoms but does not reduce the contagion.



Question 2

Now that you have seen the capsules on handwashing and physical distancing, tell me what statements can prevent the virus from spreading:

1. Drink lots of water.
2. Stay 2 meters or 6 feet from others.
3. Have dinner gatherings, but only with your close friends.
4. Do not visit people returning from a trip.
5. Wash your hands often.
6. Use an alcohol-based solution if you do not have access to soap and water.
7. Stay in your own space in the cafeteria.
8. Smoke outside, close to your coworkers.

Bravo! The correct answers are 2, 4, 5, 6 and 7.

The wrong answers are 1, 3 and 8.

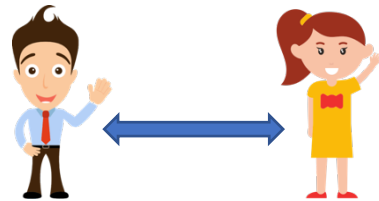
Drinking water does not stop the virus from spreading.



You cannot have dinner with your close friends at home. Getting together with friends can make it easier for the virus to spread.



Finally, even outdoors you must keep 2 meters or 6 feet between you and your colleagues.



Question 3

Now that you have seen the capsule about hygiene measures when coughing and blowing your nose, and the capsule about Personal Protective Equipment (PPE), tell me which statements help prevent the virus from spreading:

1. Sneeze into your elbow or a tissue.
2. Put on your mask even if your hands are not clean.
3. Cough into your hands.
4. Wear the PPE required by your employer.
5. Leave your tissues on your workspace.
6. Remove your mask with the elastic straps and not with the part that covers your face.

Good job! The correct answers are 1, 4, and 6.

The wrong answers are 2, 3 and 5.

You cannot put your mask on if your hands are not clean. You could unintentionally put traces of the virus on your mask.



You should not cough into your hands; you should cough into your elbow or into a handkerchief and then wash your hands.

Finally, you must not leave your tissues on your workspace. You must throw them in a trash can, ideally in a closed bin.



Well done! You have successfully completed the 5 capsules... you are now ready to work safely to prevent the spread of the COVID-19 virus in your company.

