

Name: _____ Date: _____

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

1. What should you do if you start to get cold or flu symptoms? (Examples: cough, fever, breathing problems, runny nose)
 - a) Wait till the next day to see if it passes.
 - b) Take medication to reduce symptoms.
 - c) Notify your employer at the first sign of symptoms.



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.

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.

Validated by: _____ I also certify that the answer key has been given and explained to the worker.

Signature:

Date:
