

# **Covid-19 season: When working if you regularly have contact with other people, experts recommend to do 6 tasks a day.**

According to Dr. Truong Huu Khanh, when the work requires you to interact with strangers, you must wear a mask when working. Especially must wear a mask so that THE RIGHT.

By announcing the basic precautions for the Covid-19 epidemic for individuals, the World Health Organization has stated that people need to avoid crowded places or areas that are easily exposed to infected people. At the same time, maintain a distance of at least 1 meter between you and others, especially those with symptoms of coughing, sneezing and fever.

However, with business people, hotel receptionists, tour guides . and many other service professions, it is difficult to comply with this principle because they have daily contact and close contact with a lot of people, prevention is also becoming more difficult.

Facing that concern, recently Dr. Truong Huu Khanh (Head of the Department of Infectious Diseases, Department of Pediatrics, Ho Chi Minh City Children's Hospital 1) shared important principles to prevent the Covid-19 epidemic if you daily forced to contact many strangers.

## **An important rule to prevent Covid-19 from daily contact with strangers**

### **A. Where is the source of exposure when coming into contact with strangers?**

According to Dr. Truong Huu Khanh, when the job requires you to interact with strangers, the source of infection can come from two things:

- When strangers cough, sneeze.
- Virus is hovering across stranger face.



Dr. Truong Huu Khanh (Head of Infection Department - Internal Neurology, Children Hospital 1, Ho Chi Minh City).

## **B. What can be done to prevent Covid-19 infection?**

Dr. Khanh, in turn, pointed out six important things that people need to follow when working. That is:

### **1. Whenever standing in front of strangers:**

Be sure to wear a mask. Especially must wear a mask so that THE RIGHT.

## Các chuyên gia y tế kêu gọi mọi người đeo khẩu trang y tế để bảo vệ phòng chống Covid-19.



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Khẩu trang y tế giúp ngăn chặn các giọt bắn của người bệnh bắn vào miệng và mũi của người đeo, và giảm tiếp xúc với nước bọt và dịch tiết của người người khác.

### Đeo khẩu trang y tế đúng cách

Đeo đúng cách



Đeo sai cách



- Khẩu trang phải che miệng, mũi và cằm của người đeo, mặt bên phải hướng ra ngoài. Dây kim loại mỏng dọc theo mép trên của mặt nạ nên được ấn nhẹ vào sống mũi.
- Khi bỏ khẩu trang đã sử dụng, chỉ chạm vào quai đeo chứ không phải bề mặt của khẩu trang.

Absolutely not because it feels hard to breathe but pulled the mask too far from the nose and mouth. Instead, you can both slow down, breathe in batches so will dispel the feeling of suffocation.

If you still breathe slowly and still do not feel better, go to an empty area and wipe the face with a tissue. Then loosen the mask with your hand, breathe slightly, and finally, make sure to wash your hands clean with soap.

## 2. In the workspace:

- Make sure the air source is down and out.
- The work area needs to be cleaned regularly, if you find there are too many unused furniture, difficult to clean, you need to clean up.
- After each guest comes to talk, you need to clean the area in front of you once.



After each guest comes to speak, you need to clean the area in front of you once.

- Should open the door for ventilation, and the air conditioner temperature should not be too cold, the lowest is 27 degrees C.
- Develop a habit before putting your hands to the nose and mouth to review again to see if your hands are clean.

### **3. At the restroom area:**

- Cleaners need to ensure that the toilet is clean.
- After each toilet, you need to wash your hands with soap.
- Use a paper towel to close the faucet.

### **4. If eating at a company cafeteria:**

- The company should divide the number of people eat in several times.
- When eating should keep distance from each other.



Theo bác sĩ Trương Hữu Khanh (Trưởng khoa nhiễm - Nội thần kinh, Bệnh viện Nhi đồng 1 TP. HCM), mỗi khi đứng trước mặt người lạ, bạn nhất định phải đeo khẩu trang. Đặc biệt phải đeo khẩu trang sao cho ĐÚNG CÁCH.

#### 5. After work is completed:

- Wash your hands before going home.
- If possible, take a warm shower with water before returning home.

#### 6. When returning home:

- After coming home, wash your hands one more time.
- Make sure to drink enough water, get enough sleep to get resistance.
- When returning home, everyone needs to observe about the health of everyone in the family. If all coughs and fevers, most are viruses. The virus this season is most likely Covid-19, so it is important to get your loved one to a medical facility immediately for a checkup.

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