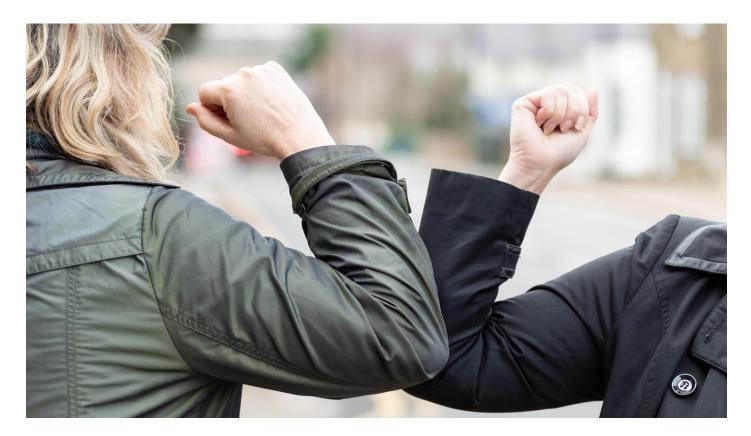
# What precautions should I take if I have to go out to work?



If you **need to leave the house to work**, do you know what you have to do to prevent the possible spread of **COVID-19**?

Mexico has announced a **health emergency** due to the spread of this disease, which orders the immediate suspension of **non-essential activities** in public, private, and social sectors.

This suspension runs from March 30 to April 30, when all Mexicans are asked to stay at home.

However, if for any reason you have to leave your home, follow these recommendations:



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## - Wear long-sleeved clothing.

This is to prevent the virus settling on the uncovered parts of your arms and then coming into contact with your hands.

## - Keep your distance from other people.

Stay at least 1.5 meters away from other people.

## - Avoid greeting people by shaking hands, kissing, or hugging.

You can use your elbows or feet as new ways to greet people.

### \* Try not to touch any surfaces with your hands.

Avoid coming into contact with door handles, handrails, etc. Carry disposable tissues to cover your fingers if you have to touch any surfaces.



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## - Try not to use public transport.

Use other means of transport if possible.

## - Sneeze or cough into the crook of your arm.

Use "sneezing etiquette". Don't sneeze or cough into your hands or into the air.

# - Don't touch your face in the street.

Avoid touching your face until you're sure your hands are clean.

## - If you have long hair, tie it back.

The idea is to reduce possible surfaces where the new coronavirus can settle.



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# - Try not to carry keys or wear earrings or rings.

Avoid wearing accessories to prevent the virus settling on those objects if possible.

## - Try not to pay with cash.

Pay with a credit card directly on the terminal. If you do use cash, wash your hands for at least 40 to 60 seconds or use a hand sanitizer with a 70% alcohol base afterwards.

# - If you have to go out to walk a pet.

Try to ensure your pet doesn't touch any outdoor surfaces.



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*"We're all responsible for our health, so I urge you to follow the basic prevention measures for preventing the rapid spread of COVID-19,"* says Dr. Michel Fernando Martínez, head of the **TecSalud** Epidemiological Surveillance Unit.

# ALSO READ:

https://tec.mx/en/news/mexico-city/education/diving-masks-turned-specialized-face-masks