

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.

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