

General Good Hygiene Practices[†]

To help, minimize the spread of viruses, it is important to follow proper hygienic practices. Some practices and procedures that will help reduce risk include:

- Wash your hands frequently. This is one of the most basic and important preventative measures you can take against the flu and some other viral diseases. Use warm soapy water and wash for 15-20 seconds,
 - before and after food preparation or eating.
 - after using the restroom.
 - after coughing, sneezing or blowing your nose.
 - after shaking hands.
 - after removing personal protective equipment, such as masks and gloves.
 - after touching any public surface (door knobs, elevator buttons, etc.).
- If soap and water are not nearby, use DuPont™ RelyOn™ Hand Antiseptic Spray or an alcohol based hand sanitizer or wipes.
- Avoid unnecessary close contact, like shaking hands, whenever possible.
- Do not share food or beverages with others.
- Observe proper “coughing and sneezing etiquette” – cough or sneeze into a tissue or into your upper arm rather than your hand. Wash or sanitize your hands immediately so you do not spread germs to others.
- Keep living and work areas clean.
- Avoid crowded areas, especially when the concentration of flu or other viral disease cases in your area is high.
- Whenever possible, keep a distance of at least 1 meter between yourself and other people.

[†]These tips are based on recommendations from DuPont Industrial Hygiene and Medical professionals, as well as organizations such as the World Health Organization and the Centers for Disease Control.



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