

Coronavirus Tips to Keep Our Frontline Safe

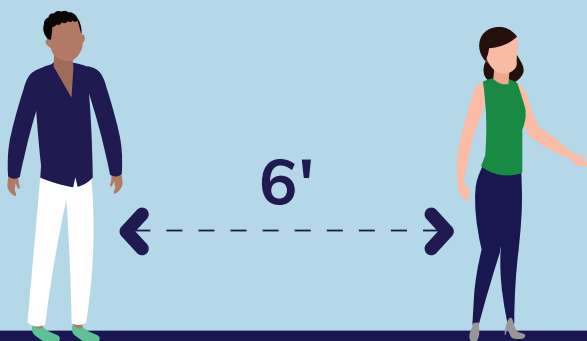
COVID-19
gov.ky/coronavirus

STAY
SAFE
CAYMAN
SAVE LIVES



Hand Washing & Respiratory Etiquette

- Wash your hands regularly with soap and water for at least 20 seconds
- Use alcohol-based hand sanitiser if you don't have soap and water
- Cough/sneeze into a tissue, and immediately put the tissue in the trash
- If a tissue isn't available, cough/sneeze into your elbow (not your hands)



Social Distancing

- Stay 6 feet away from others, whenever possible
- Avoid crowds in your workplaces whenever possible
- Run errands only when absolutely necessary
- Have your supervisor confirm the number of persons allowed per vehicle



Testing

The **Public Health Department** is scheduling drive-through COVID-19 screenings for frontline workers at the **Cayman Islands Hospital, Doctors Hospital, and Health City Cayman Islands**

- Drive up to the screening area
- A healthcare professional will stop by your vehicle to confirm your appointment
- The entire screening process takes about 5 minutes
- You can return to work immediately
- Remember you must continue to maintain proper hand hygiene and social distancing



Wearing Masks

- Follow your workplace instructions on the type of mask required
- Masks or face coverings must cover your nose and mouth
- Reusable masks must be washed in hot water
- Trash disposable masks, and cleanse your hands afterward



Removing Gloves

- Using the wristband, pull off the first glove, turning it inside out. Then hold it in your other (still gloved) hand.
- Stick two fingers under the other glove's wristband and pull it off, turning it inside out, and over the first glove you're holding.
- Trash disposable masks and gloves, and wash your hands afterward

If you have flu symptoms or are concerned about your COVID-19 risk, call the **24-hour** Flu Hotline on **1-800-534-8600, 345-947-3077** or **345-925-6327**



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GOVERNMENT



PUBLIC HEALTH DEPARTMENT
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