

Requirements to prevent the spreading of COVID-19 (Coronavirus)

MAINTAIN GOOD PERSONAL HYGIENE

WASH YOUR HANDS

- After entering the office
- After using the restroom
- Before eating
- Use warm water and soap
- For a minimum of 20 seconds
- Dry hands with disposable paper towel
- Use paper towel when touching the faucet and door handle

COVER YOUR MOUTH WHEN COUGHING AND SNEEZING

- Use a disposable tissue or your sleeve
- Throw away used tissues and wash hands



MAINTAIN A SAFETY DISTANCE OF 2 METER OR OVER

- No handshaking, hugs, high fives or fist bumps
- Keep a safety distance of at least 2 meter
- No group gatherings allowed

LESS CONTACTS, LESS INFECTIONS

- No more than 4 people in the same apartment
- No more than 4 people in the same carpool
- No switching of the people in the carpool (same groups)
- No short term changing of work sites



BE CAREFUL WITH CONTAMINATED SURFACES

MINIMIZE CONTACT WITH CONTAMINATED SURFACES

- Light switches
- Door handles
- Elevator buttons
- Shared keyboards
- Coffee machine, fridge and other shared office surfaces

DISINFECT YOUR SURROUNDINGS

- Keyboard
- Phone
- Earphones
- Steering wheel
- Gear knobs
- Keys and wallet

THE MASK IS TO BE USED IN ALL SITUATIONS, EXCEPT WHILE EATING. ALSO MAKE SURE YOU USE THE MASK IN A WAY, THAT ALLOWS YOU TO WORK IN A SAFE MANNER.

AVOID TOUCHING YOUR FACE

- Eyes
- Nose
- Mouth
- Cover your mouth and nose with a mask



ACT RESPONSIBLY ALSO OUTSIDE OF THE CONSTRUCTION SITE

- Wear a mask at shops, on public transportation, while carpooling etc.
- Remember importance of hand hygiene
- Always maintain safety distances from others (2m)



COVID-19 SYMPTOMS ARE:

- Fever, cough, shortness of breath, muscle aches and fatigue
- The virus is spread with droplet transmission, through coughing, sneezing, speaking and being in contact with contaminated surfaces

STAY HOME IF YOU ARE SICK

- Follow the guidelines of your country's healthcare professionals
- Notify your supervisor immediately
- DO NOT come to the workplace

