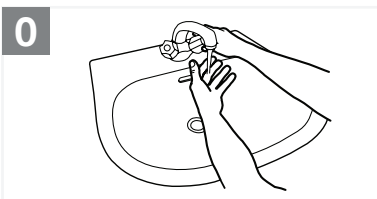


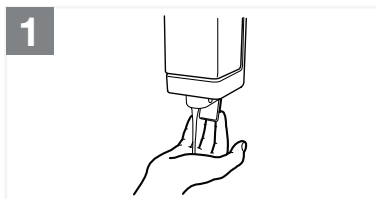


PROTECT AGAINST COVID-19

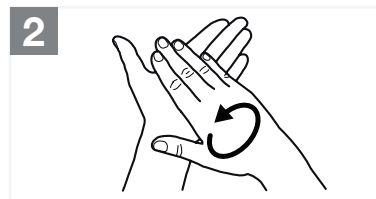
HOW TO WASH YOUR HANDS



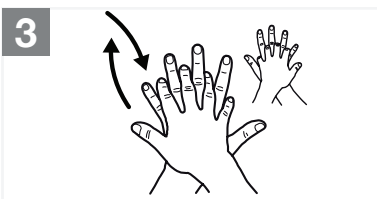
Wet hands with water;



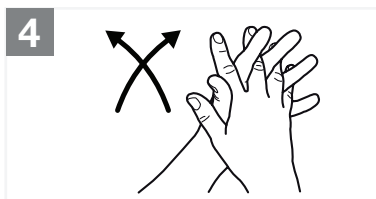
Apply enough soap to cover all hand surfaces;



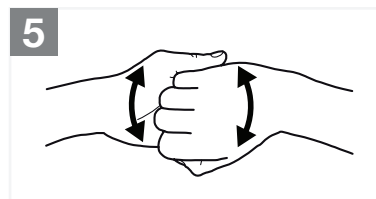
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



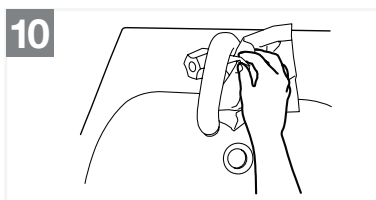
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



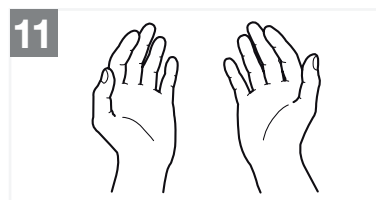
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

PROTECT AGAINST COVID-19

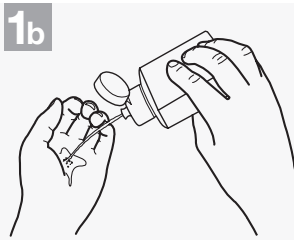
HOW TO **SANITIZE** YOUR HANDS

1a

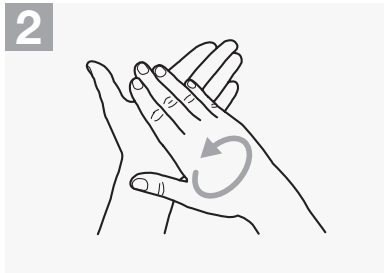


Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

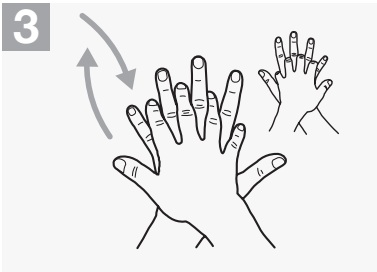


2



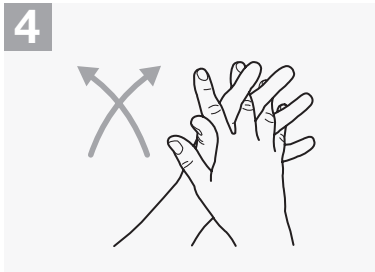
Rub hands palm to palm;

3



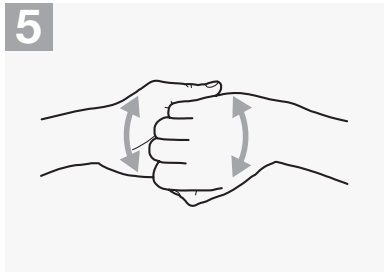
Right palm over left dorsum with interlaced fingers and vice versa;

4



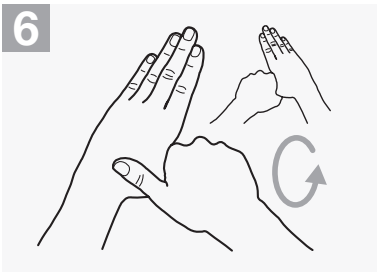
Palm to palm with fingers interlaced;

5



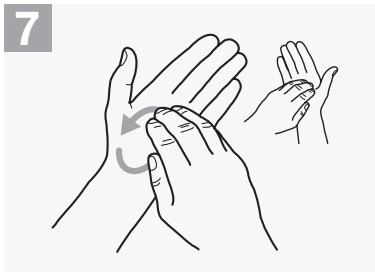
Backs of fingers to opposing palms with fingers interlocked;

6



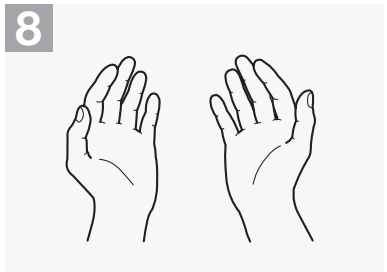
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.



PROTECT AGAINST COVID-19



WASH YOUR HANDS OFTEN

with soap and water for at least 20 seconds
or use alcohol-based hand sanitizer

For any immediate sanitization concerns,
please contact Custodial Services at 780.471.7566



PROTECT AGAINST COVID-19



**CLEAN REGULARLY
TOUCHED ITEMS
AND SURFACES**

For any immediate sanitization concerns,
please contact Custodial Services at 780.471.7566



PROTECT AGAINST COVID-19



WIPE EQUIPMENT BEFORE AND AFTER USE

For any immediate sanitization concerns,
please contact Custodial Services at 780.471.7566



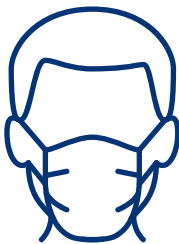
PROTECT AGAINST COVID-19

HOW TO WEAR A MASK



BEFORE

- **Clean hands** with alcohol-based hand sanitizer or soap and water.
- Open mask fully to **cover from nose to below chin**. If the mask has a nose bar, pinch around your nose.



DURING

- **Avoid touching** the mask or your face under the mask. If the mask becomes damp, clean your hands and replace the mask.



REMOVING

- **Clean hands** with alcohol-based hand sanitizer or soap and water before and after you remove your mask.
- **Do not touch** the front of the mask. Remove using the ties or elastic loops.
- If you are wearing a disposable mask, **discard immediately** in a garbage can once removed.
- **Never** reuse disposable masks.



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SANITIZATION STATION

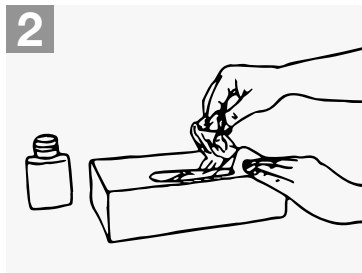


PROTECT AGAINST COVID-19

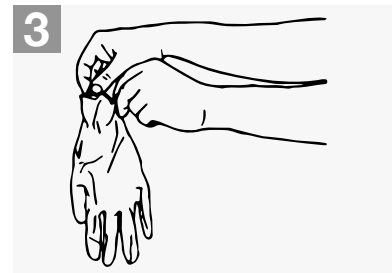
DONNING NON-STERILE GLOVES



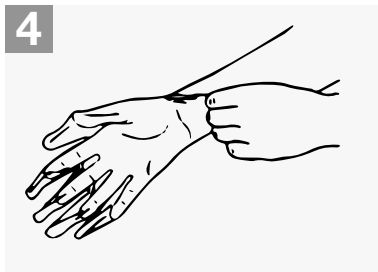
Wash your hands with soap and water or alcohol-based sanitizer



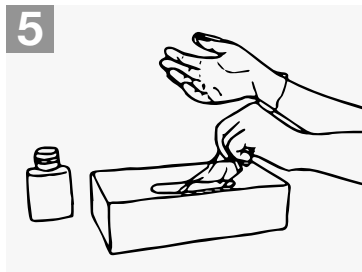
Take out a glove from its original box



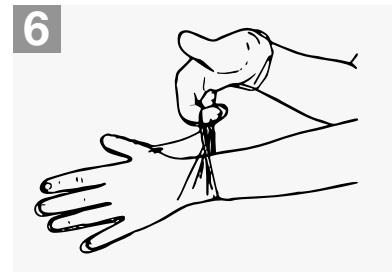
Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



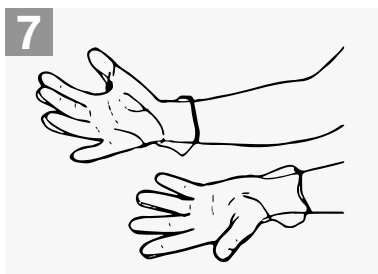
Don the first glove



Take the second glove with the bare hand and touch only a restricted surface of the glove corresponding to the wrist



To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand



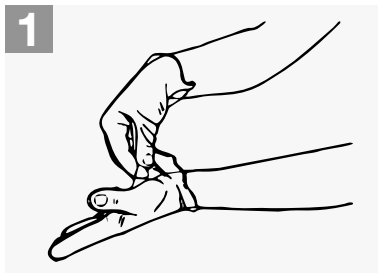
Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use



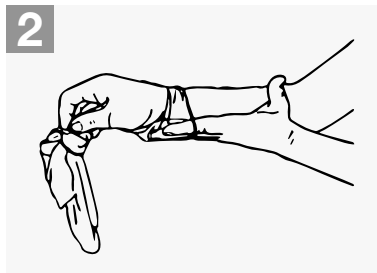
PROTECT AGAINST COVID-19

DOFFING

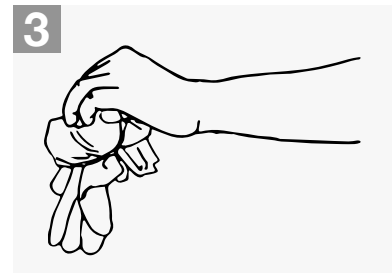
NON-STERILE GLOVES



Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and folding into the first glove



Discard the removed gloves



Wash your hands with soap and water or alcohol-based sanitizer



KEEP SAFE ON CAMPUS

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what you need to know and do on campus

Visit nait.ca/yoursafety or scan the QR code



Thank you for your cooperation

