

COVID-19 Advisory for ACMA Members

Prevention is always better than cure!

In light of recent events regarding the spread of COVID-19 and the WHO declaring it a pandemic, ACMA would like to recommend some preventative measures that can be adopted to minimise the transmission and spread of the virus.

How can COVID-19 be transmitted?

The virus can be transmitted through both direct and indirect methods.

Taking direct methods into consideration, the virus can be transmitted by:

- ◆ Any physical contact with a person carrying the virus. For example, if they touch their nose or mouth with their hand and then shake your hand, you may touch your nose or mouth after that and give the virus an entry point into your system.
- ◆ The spraying of respiratory droplets from the nose or mouth as a result of coughing and sneezing. The droplets that land on you will likely contain the virus.
- ◆ Direct contact with infected individuals who have not shown any symptoms.



Direct, person-to-person contact is known to be the main method of transmission for this virus. However, there are a few indirect methods through which the virus can be transmitted. This happens through:

- ◆ The touching of contaminated surfaces - that could be a doorknob or a handrail, or by using someone else's phone.
- ◆ Being near someone or being in a confined space with an individual who is coughing and sneezing, thus passing on the virus.

The ideal hand hygiene to follow

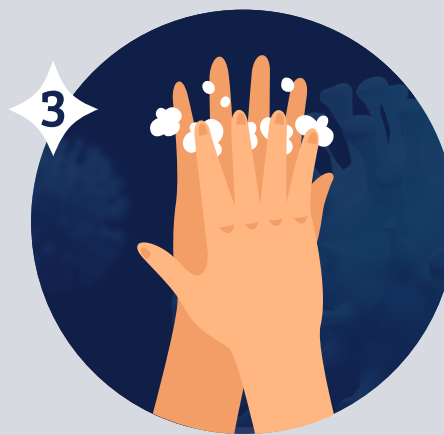
Regularly wash your hands with soap and water for at least 20 seconds throughout the day, especially after you have come in contact with people. If soap and water is not available, use an alcohol-based hand sanitiser with at least 60% alcohol in it.



WATER AND SOAP



FRONT OF PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS

Still doing business? Remember to minimise chances of exposure:

- ◆ Avoid direct contact and public spaces as much as possible. Try to use other technological alternatives like video conferencing for meetings.
- ◆ If you must meet, keep direct physical contact to a minimum, and keep it short and quick.
- ◆ Risk assessment is imperative. If you see that someone who you may come in contact with is sneezing or coughing, maintain a minimum distance of at least 3 feet from them and try to avoid physical contact.
- ◆ Remember to sanitise and clean your hands before and after each interaction or product exchange.
- ◆ Try to wear a mask at all times if possible, and carry an alcohol-based hand rub or sanitiser to disinfect your hands regularly.
- ◆ If you are a part of an organisation, consider switching to work-from-home protocol and practice social distancing.
- ◆ If you must cough or sneeze, do so in your bent elbow or use a tissue. Remember to dispose of the tissue safely into a covered dustbin.
- ◆ Use disposable gloves when dealing with machinery or disposing items. Once you are done, carefully take them off, dispose of them, and then wash your hands immediately.
- ◆ Train and educate your employees on the proper practices to follow to avoid transmission of this virus.



Staying in? Keep some key precautions in mind:



- ◆ Practice social distancing. Do your best to not step out or allow any visitors into your home.
- ◆ Ensure that all household members wash their hands often.
- ◆ Clean your entire household regularly, ideally daily. Remember to give extra attention to things that get touched a lot, including doorknobs, light switches, toys, remote controls, sink handles, counters, and phones.
- ◆ Make sure shared spaces in the home have good airflow. You can open a window or turn on an air filter or air conditioner.

ACMA requests members to follow the above recommendations to the best of their abilities and stay safe and informed during these uncertain times.