



How can I avoid infection?

9 good tips for tourism professionals in the era of Covid-19.

Keep your distance and avoid physical contact

- ✔ Avoid close contact with customers, e.g. handshakes and hugging. Try to keep to the two metre rule as far as possible. If you suspect that someone is ill, keep your distance and inform your boss.

Remember handwashing when organizing work

- ✔ Wash your hands regularly with soap and water for at least 20 seconds each time.

Use disposable gloves when cleaning, handling equipment or clearing away tableware

- ✔ Change gloves regularly and be careful to wash your hands after changing your gloves. Roll the gloves off your hands so that the outer surface is turned inwards when you have removed them.

Keep your hands away from your face

- ✔ Try to keep your hands away from your face, particularly your eyes, nose and mouth. If you have to cough or sneeze, you should use the inside of your elbow or a disposable handkerchief. In this way, you can avoid the droplets getting onto your hands.

Do not go to work wearing jewellery, such as rings, bracelets and wristwatches

- ✔ Jewellery carries dirt and increases the risk of infection. Make sure you clean your telephone, as a phone can transmit infection from your hands to your face.

Be careful when disposing of other people's disposable cloths and tissues, masks or gloves

- ✔ Use a mask and gloves for this kind of work and be sure to wash your hands after each task. Handwashing is a much more effective way of avoiding infection than using hand sanitizer.

Other protective equipment

- ✔ If circumstances allow, and you think that it is necessary, or feel better using a mask or other protection equipment, then of course you should do so. Remember that disposable equipment should not be re-used from one day or one task to the next.

Always have hand sanitizer, disposable cloths/tissues and hand cream with you at work

- ✔ Use hand sanitizer when handwashing facilities are not available, cough into the inside of your elbow, use cloths/tissues to clean known shared contact surfaces and the hand cream for improved comfort.

If you have an underlying illness

- ✔ You should probably not work on the front line. Look into the matter, look for information, for example, at your nearest health centre or on [covid.is](https://www.hafni.is). Discuss the matter with your boss if you feel this is necessary.

By following the advice reduces the risk of infection. It is important to download the infection tracking app from the Department of Civil Protection. This is helpful in tracking people's movements, if this should become necessary.

