



Mission & Ministry

Fresh Hope offered these guidelines to their staff.

Take personal action to reduce exposures and stay healthy

The most important action is to practice good hand hygiene.

Take the following steps to reduce your exposure and chances of getting ill with COVID-19:

- *Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitiser.*
- *Avoid touching your eyes, nose, and mouth with unwashed hands.*
- *Cover your nose and mouth with a tissue when you cough or sneeze, throw soiled tissues in the bin and clean your hands with soap and water or sanitiser. If you don't have a tissue, cover your sneeze or cough with your elbow.*
- *Clean and disinfect frequently touched surfaces each day.*
- *Avoid small gatherings in enclosed spaces*
- *Keep a distance of 1.5 metres between yourself and other people where possible*
- *Avoid shaking hands or other contact*