

QUALICUM ISP HYGIENE GUIDELINES

WASH YOUR HANDS OFTEN. Always wash your hands before and after meals, after going to the bathroom, before and after touching your mouth, eyes and nose, and often during the day.

USE ALCOHOL-BASED HAND SANITIZER. After you wash your hands, before and after meals, at other times during each day.

AVOID TOUCHING ... your mouth, face and nose, and other peoples mouth, face and nose.

WEAR A MASK. Anytime you are outside of your bedroom/bathroom

SEEK APPROPRIATE SOCIAL DISTANCING. Keep 2 metres away from people at all times.

NEVER SHARE FOOD & BEVERAGES ... and other items like combs, brushes, towels, pillows, bedding, etc.

SNEEZE COMING? Cough or sneeze into your upper arm (or a cloth) and not your hands, while facing away from people.

BE PRO-ACTIVE. If you sense that you may be coming down with something, please let your homestay parent know immediately

KEEP YOUR BATHROOM CLEAN. Regularly clean your sink, counter, toilet/stall, and shower areas, using the proper cleaning solution. Use caution when cleaning and wash your hands after cleaning.

REMOVE PERSONAL ITEMS FROM SINK AREA ... after every use, and never leave them by a sink shared with others.

PUT THE LID DOWN ... on toilets before you flush.

KEEP YOUR ROOM AND WORK AREA CLEAN. Regularly clean your room and work area, especially common touch points.

BE CONSIDERATE OF OTHERS. Be aware of how your behaviours could potentially cause others to get sick as you never know if you may be contagious.

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs