

حكومة الشارقة
هيئة الوقاية والسلامة

Government of Sharjah
Prevention And Safety Authority



Preventive and precautionary measures upon return to work - At your workplace -



Wash or sterilize hands every hour.



Avoid shaking hands, hugs and kissing.



Maintaining a distance of two meters between you and your colleagues.



Not to be in contact with co-workers during lunch breaks and in smoking places.



Avoid closed meetings that require actual attendance, and use technical means.

Source: Return to office work in light of the spread of infectious diseases – SPSA

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Dispose of gloves and masks and and throw them in the designated boxes.



Remember that quitting smoking strengthens the immune system.



Ensure the sterilization of the common office tools and surfaces and avoid touching them unless necessary. Make sure you sanitize your hands afterwards.



After work hours, head to the house immediately, wash hands with soap and water, change clothes.

Source: Return to office work in light of the spread of infectious diseases - SPSA