





GUIDELINE ON

RESPIRATORY CLEANING



The employees should **regularly rinse their throats and noses with physiological saline** to remove dust, bacteria, viruses and allergens at the workplace or outdoors, avoiding the risk of respiratory diseases and chronic inhalation.

During the COVID-19 epidemic, **proper upper respiratory hygiene** helps protect the body, prevent the viruses from the nose or throat going to the lungs, minimize the possibility of being infected and having severe symptoms.

Topic	Steps	Time & Frequency	Solution & tools
<p>How to rinse your nose daily</p> 	<p>Step 1: Tilt your neck.</p> <p>Step 2: Put 1-2 drops of physiological saline (9/1000) in each nostril.</p> <p>Step 3: Dry, then gargle.</p>	<p>Should be done daily in the morning, evening and after coming home from work.</p>	<p>A ready-to-use physiological saline bottle.</p>
<p>How to gargle daily</p> 	<p>Step 1: Pour into a cup a sufficient amount of mouthwash, about 5-10ml.</p> <p>Step 2: Straight your head. Empty the cup into your mouth. Swish and gargle for 1 minute.</p> <p>Step 3:</p> <ul style="list-style-type: none"> - Tilt your neck. - Stick out your tongue before saying "wheeze...wheeze...-wheeze..." to gargle deep down your throat for 15 seconds. Do this 3 times. This is an important move, helping the water to pass through and go into the throat. 	<ul style="list-style-type: none"> • Should be done in the morning, evening, after eating or right after going out, especially after coming home from work. • During the epidemic period, you should gargle 2-3 times a day or more if there is a lot of mucus from the nose and throat. 	<ul style="list-style-type: none"> • A ready-to-use physiological saline bottle. • Make your own physiological saline: 9g of fine salt (equivalent to 2 4.5g salt tablets) + 1 liter of boiled cool water (Use within 24 hours). • Ready-to-use mouthwash. Use according to the manufacturer's instructions.
<p>How to spray your nose</p> 	<p>Step 1: Spray 1 nostril 3 times.</p> <p>Step 2: Cover the other side of the nose to blow the sprayed side.</p> <p>Step 3: Repeat the same 2-3 times for each side.</p>	<ul style="list-style-type: none"> • No need for daily use, only used to clear the airways when having stuffy nose, rhinitis or sinuses. • Wipe the spray head after each spray. Don't share it with others. 	<p>Physiological saline nasal spray with pre-mixed spray form.</p> 



Note:

Strictly follow the use of respiratory protective equipment such as masks, protective masks according to work and epidemic prevention requirements. People infected with COVID-19 can only clean their nose and throat in their own restrooms to avoid spreading droplets.