

## National guidelines - México

In order to comply with national requirements we are implementing the following further precautionary measures:

<b>Travel</b>	There are no travel restrictions
<b>Quarantine</b>	If an employee presents COVID symptoms, they have to avoid contact with other people, travel in public spaces and maintain a healthy distance, during the 15 days after the onset of symptoms.
<b>Social distancing</b>	1.5 m
<b>Food hygiene</b>	Buffet service is not allowed, the catering company send their employees with gloves, masks, etc. the forks and spoon are involved by separate in a plastic bag and each delegate receive his package.
<b>Class sizes</b>	We just have to respect the social distance. We can have no more than 16 delegates per class due to the space.
<b>Restrictions on courses/ methodology/ equipment</b>	<p>We buy new furniture to ensure we comply social distance.</p> <p>Remote classes are implemented.</p> <p>Equipment is no longer used where a delegate has mouth or face contact with.</p> <p>All safety equipment are disinfected prior and post each practical. (CPR Practical whit mannikins, Smoke Hood, Safety boots. Etc.)</p>
<b>Cleaning of equipment</b>	<p>All hand to hand contact equipment are been sanitize wash and clean prior and post each use.</p> <p>Example of cleaning equipment: Karcher Steam Cleaner, Steramine 1G tablets. Benzal. etc.</p>