

Compulsory procedures to limit the spread of viruses

- Postpone the study in case of flu, severe cold or other infection in the trial conductor or subject.
- Ensure good general body and clothing hygiene during the trial period
- Always wear disposable gloves during the following physiological procedures:
 - a. cleaning/abrading the subject's skin.
 - b. application of electrodes.
 - c. removal of electrodes.
 - d. all actions related to blood, sperm or vaginal fluid.
 - e. working with disinfectants.
 - f. in the case of clearly visible wounds or skin irritation in the subject or experimenter.
- The simplest disinfection procedure is hand washing. This should be done, regardless of the use of gloves:
 - a. prior to physiological actions.
 - b. after physiological actions.
 - c. after using the toilet.
 - d. after sneezing, coughing or blowing the nose (use paper tissues).
 - e. after unexpected contact with blood or other body fluids.
- It is preferable not to wear rings during examination.
- Nails should preferably be kept short and clean during the study period.

Recommendations:

- Build trust. For example, practice ways to say hello without touching.
- Encourage participants to cover their face with the bend of their elbow or a tissue if they cough or sneeze. Supply tissues and closed bins to dispose of them.