COVID-19 and World of Work: What can workers do:

**Social Dialogue:**
Efficient social dialogue at all levels is essential for quick and effective action.

**Affirmative Policies:**
Workers’ organizations can play an important role in participating in decision making and policies responses to the crisis on COVID-19. They can contribute to the prevention and protection of workers by giving reliable information. Workers’ organizations can promote solidarity and non-discrimination / stigmatisation of workers and sick persons.

**Workplace Hygiene:**
Since COVID-19 spreads mainly through respiratory droplets good workplace hygiene practices are essential, e.g. regular hand-washing, using hand and surface sanitiser.

**Precautions:**
Avoid touching your face, cover your mouth when coughing or sneezing. If you feel unwell self-isolate and seek medical assistance.

**Behavior:**
Encourage responsible behaviour, cooperate with response measures and stay calm.

For further information, you can access:  
www.ilo.org | www.covid.gov.pk