

HOW CAN I PROTECT MYSELF

AGAINST COVID-19?

- Wash your hands **frequently**
- Lava **con frecuencia** las manos
- **Avoid touching** your eyes, nose, and mouth
- **Evita tocar** los ojos, nariz y boca.
- **Avoid crowded places** and put space between yourself and others of 1.5 meter minimum.
- **Evita los lugares concurridos** en caso tomar su distancia de seguridad minimo 1.5 metro.
- Cough or sneeze into your **bent elbow or a tissue**
- **Cubrete nariz y boca** con el lado interno de tu brazo al toser y estornudar o usa pañuelos desechables
- If you have fever, cough, or difficulty breathing, **seek care early**. Call beforehand and follow medical advice.
- si presentas infeccion respiratoria y si superas los 38°C de fiebre **acude a tu unidad de salud**.





PROTOCOL OF SAFETY IN SANITARY, HYGIENE AND CONTROL MEASURES OF COVID-19

For Ocean Zen Suites, the health and safety of our clients and collaborators is our highest priority. Considering the sanitary circumstances that have arisen worldwide as a result of the Coronavirus pandemic, we have the need to establish and strengthen new sanitary and hygiene practices both in our facilities, as well as with our staff, elements of common use in our hotels. Always following the regulations of the sanitary and control entities both in Mexico and throughout the world. Our rooms are characterized by their excellent hygiene service made with special machines and products, which will continue to be implemented to contain and control the Covid-19. All our operational staff have successfully completed the course "Everyone on the prevention of Covid_19", taught by the IMSS. Ocean Zen Suites is awaiting instructions from the three government orders to resume normal operations. Once the sanitary and mobility restrictions have been lifted, we will implement the following measures and start operating immediately, aligned to the official SEDETUR tourist health security certification.

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PROTOCOLO DE SEGURIDAD EN MEDIDAS SANITARIAS , DE HIGIENE Y DE CONTROL DEL COVID-19

Para **Ocean Zen Suites**, la salud y seguridad de nuestros clientes y colaboradores es nuestra mayor prioridad. Considerando las circunstancias sanitarias que se han suscitado a nivel mundial como resultado de la pandemia del Coronavirus, tenemos la necesidad de instaurar y fortalecer nuevas prácticas sanitarias y de higiene tanto en nuestras instalaciones, así como con nuestro personal, elementos de uso común en nuestros hotel. Siempre siguiendo los reglamentos de las entidades sanitarias y de control tanto en México como en todo el mundo. Nuestras habitaciones se caracterizan por su excelente servicio de higiene hecho con máquinas y productos especiales, que se seguirán implementado para contener y controlar el Covid-19. Todo nuestro personal operativo, ha concluido satisfactoriamente el curso "Todos sobre la prevención del Covid_19", impartido por el IMSS.

Ocean Zen Suites está en espera de las indicaciones de las tres órdenes de gobierno para reanudar su operación de manera normal. Una vez que las restricciones sanitarias y de movilidad se hayan levantado, nosotros implementaremos las siguientes medidas y empezaremos a operar inmediatamente, alineados a la certificación oficial de seguridad sanitaria turística de SEDETUR.

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HOW CAN I PROTECT MYSELF

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:



- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

- Maintain at least 1.5 metre (5 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease



- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19

