



# PROPER HANDWASHING TO PREVENT COVID-19

Today's Date: \_\_\_\_\_

Disclaimer: This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. However, it is to be used for reference purposes only and is not intended to cover all aspects of the topic presented.

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

## How it Spreads

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19.
- COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

### How long can Coronavirus Survive on Surfaces?

- Glass – 5 days
- Wood – 4 days
- Plastic & stainless-steel – 3 days
- Cardboard – 24 hours
- Copper surfaces – 4 hours

## Proper Handwashing

- Wet hands with running water. You can use any temperature of water to wash your hands. Cold water and warm water both kill germs and viruses — as long as you use soap.
- Apply enough soap to cover wet hands.
- Scrub all surfaces of hands, including the backs of hands, between fingers, and under nails, for at least 20 seconds.
- Rinse thoroughly with running water.
- Dry hands with a clean cloth, single-use towel, or blow dryer.
- Germs spread more easily from wet skin than from dry skin, so drying your hands completely is an important step.

## How to Use Hand Sanitizer

- Use a sanitizer that contains at least 60% alcohol.
- Rub it into your hands for at least 20 seconds to ensure full coverage.

## Hand Washing Frequency

Wash your hands regularly, especially:

- after blowing your nose, coughing or sneezing.
- after touching money.
- before and after eating.
- after using the toilet or handling trash.
- when your hands are visibly dirty.

**Attended By:**