COVID-19 SAFETY MOMENT

The High 5 of Hand Hygiene

1. Wash hands for at least 15 seconds (hum Happy Birthday to yourself twice)
2. Keep your hands dry, germs spread 1,000x more when damp
3. Avoid hand shaking when possible or apply hand sanitizer afterwards
4. Utilize hand sanitizer with 60% alcohol content or more
5. Avoid touching your face

80% of common infections are spread by hands

It is estimated that people touch their face 23x every hour

Patients with COVID-19 can spread the disease for up to 14 days even without showing symptoms