

HAND WASHING/SANITIZING PROTOCOLS & COUGHING/SNEEZING ETIQUETTE

Hand Washing Protocol

- Wet hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather all surfaces of hands by rubbing them together with soap, including backs of hands, between fingers, and under nails.
- Scrub hands for at least twenty seconds.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry them.

Other Sanitizing Protocol if Soap and Water Not Available

- Use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Apply sanitizer to the palm of one hand.
- Rub hands together spreading sanitizer over all surfaces of hands until they are dry, including backs of hands, between fingers, and under nails (this should take around twenty seconds).

Coughing/Sneezing Etiquette

- Cover mouth and nose with a tissue when coughing or sneezing.
- Throw used tissues in trash.
- If you don't have a tissue, cough or sneeze into your elbow, not hands.
- Immediately wash hands as described above after coughing, sneezing, or blowing nose.