



In light of the recent outbreak of respiratory disease caused by a novel (new) coronavirus, many of us are concerned about how to protect ourselves and those we love. One of the most basic acts of hygiene, proper handwashing, is your first line of defense in preventing the spread of illnesses such as coronavirus disease 2019 (COVID-19). You may be surprised to learn that a recent study conducted by the USDA found that 97% of people fail to wash their hands properly!

Stop the spread of germs by following these important guidelines provided by the Centers for Disease Control (CDC).

When should you wash your hands?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How should you wash your hands?

- Wet your hands with clean running water (warm or cold) and apply soap.
- Lather your hands by rubbing them together with the soap ensuring that you reach the back of your hands, between your fingers and under your nails.
- Scrub your hands for at least 20 seconds. If you need a timer, hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry hands using a clean towel or air dry them.

When soap and water isn't available use hand sanitizer that contains at least 60% alcohol. Rub it over all the surfaces of your hands and fingers until your hands are dry. This usually takes about 20 seconds.

Additional everyday preventative actions to help stop the spread of respiratory diseases, include:

- Avoiding close contact with people who are sick
- Avoiding touching your eyes, nose, and mouth
- Staying home when you are sick
- Covering your cough or sneeze with a tissue, then throwing the tissue in the trash
- Cleaning and disinfecting frequently touched objects and surfaces using a regular cleaning spray or wipe.

FEELING UNDER THE WEATHER? WHEN TO STAY HOME

SYMPTOMS	STAY HOME	RETURN TO WORK
Cold and Cough	Sever cough accompanied by a fever or other cold symptom	Cleared by doctor or 24 hours after starting antibiotics
Fever	100.4 Fahrenheit or higher	Fever free for 24 hours without the use of medication
Vomiting	Within the last 24 hours	No vomiting for at least 2 solid meals
Diarrhea	Within the last 24 hours	Diarrhea free for 24 hours
Rash	Rash with itching and fever	Rash is clear or no longer itches; fever free for 24 hours
Eye Infection	Redness, itching or crusty eye, drainage	Evaluated and cleared by doctor