

# SAFETY TALKS

The Upside of Safety



## Stop the Spread of Germs

According to the CDC, in the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May. A hot topic that you may have heard about in the news lately is the spreading of the coronavirus (COVID-19) throughout the world. Below are some tips on the stop the spreading of germs that could cause the common flu and COVID-19

### How You Can Stop the Spread of Germs

- Try not to touch your eyes, nose, and mouth with unwashed hands
- Do not share items that come into contact with your mouth, nose, or eyes
- If unwell, do not share items, such as: bedding, dishes, towels, writing utensils, electronic devices, etc.
- Clean and disinfect frequently touched objects and surfaces (doorknobs, desks, bathroom fixtures, toilets, phones, keyboard, tablets, etc.)

**If you need to cough or sneeze:**



Cough or sneeze into upper sleeve, or into a tissue, not in your hands



Toss the tissue



Wash your hands with soap and hot water or use hand sanitizer

**Wash hands with soap and water or use hand sanitizer:**



Before cooking and eating



After using the bathroom



Before touching your eyes, nose and mouth



Before leaving home, before entering home, and while at work



- 0 Wet hands with water
- 1 apply enough soap to cover all hand surfaces.
- 2 Rub hands palm to palm
- 3 right palm over left dorsum with interlaced fingers and vice versa
- 4 palm to palm with fingers interlaced
- 5 backs of fingers to opposing palms with fingers interlocked
- 6 rotational rubbing of left thumb clasped in right palm and vice versa
- 7 rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
- 8 Rinse hands with water
- 9 dry thoroughly with a single use towel
- 10 use towel to turn off faucet
- 11 ...and your hands are safe.

### Hand Washing

- **Wet** your hands with clean, running water, turn off the tap, and apply soap
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

