

CORONAVIRUS (COVID-19) HANDWASHING 101

Currently there is no vaccine to prevent coronavirus 2019 (COVID-19). The best way to prevent illness is to avoid exposure to the virus. However, that's not always possible. Here are some preventative actions recommended by the CDC that you can do to help prevent the spread of disease.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Wash your hands often.

Handwashing to Stay Healthy

Wash your hands often with soap and water.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Use hand sanitizer when you can't use soap and water. Washing with soap and water is the best way to get rid of germs but if they're not readily available, alcohol based hand sanitizer that contains 60% alcohol can be used. Sanitizers do not get rid of all types of germs.

How to Use Hand Sanitizer

Apply the gel product to the palm of one hand (read the label to learn the correct amount).

Rub your hands together.

Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



Misco offers a wide variety of hand care products for good hand hygiene.