Toolbox Talks

Stop the spread of germs, wash your hands!

Handwashing is an important part of preventing the spread of COVID-19, keep your hand clean.

Practicing hand hygiene, which includes handwashing, is a simple yet effective way to prevent the spread of pathogens and infections. Washing hands frequently throughout the day with soap and water is one of the most important steps you can take to prevent spreading germs to those around you.

How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:

- Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.
- Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.

How to properly wash your hands
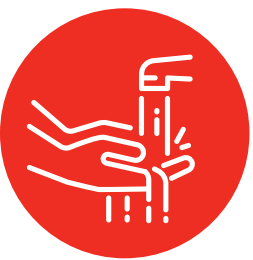
1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

5. Dry hands using a clean towel or air dry them.

2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

4. Rinse hands well under clean, running water.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.