CORONAVIRUS

COVID 19

EXPOSURE REDUCTION

HAND WASHING

PREVENT THE SPREAD OF INFECTION

Proper hand hygiene is the #1 way to reduce the risk of infection. It is important to wash hands frequently and properly with soap and water for at least 20 seconds.

Recommendations from the

Centers for Disease Control & Prevention

- Soap and water is the best & preferred method of performing hand hygiene.
- Hands should be washed for at least 20 seconds. An easy way to remember this is to sing Happy Birthday twice.
- If soap and water are not available, an alcohol-based hand sanitizer containing at least 60% alcohol is an acceptable alternative. Enough product should be used to thoroughly wet hands.
- If using hand sanitizer, hands should be rubbed together until the product has fully dried.

01. Wet hands under running water.

02. Apply soap and rub palms together to ensure complete coverage.

03. Spread the lather over the back of the hands.

04. Make sure the soap gets in between the fingers.

05. Grip the fingers on each hand.

06. Pay particular attention to the thumbs.

07. Press fingertips into the palm of each hand.

08. Dry thoroughly with a clean towel.

While we hope it will never be necessary, ServiceMaster Restore is qualified and equipped with the required protocols and processes should any pathogen outbreak occur within your facility.

PLEASE CALL US IF WE CAN BE OF SERVICE

> (888) SERVE 50

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