



Solutions for a Cleaner Environment



Guideline of Best Practices to Avoid Contracting & Spreading Respiratory Illnesses

Follow this guideline to minimize cross contamination of respiratory illnesses such as the common cold and Coronaviruses.

1. Practice Proper Hand Hygiene

1. Rinse your hands of any dirt or grease before adding soap
2. Apply soap and rub hands together making sure to get every area of your hands, fingers and any exposed areas of your wrists
3. Hum the tune of "Happy Birthday" twice to ensure you are washing for the proper amount of time - at least 20 seconds
4. Rinse off all the soap
5. Dry - a very important step to removing germs!
6. If possible, avoid recontamination
 - Use a paper towel to turn off the faucet and when touching the door handle to leave the restroom. Remember all those people who don't wash their hands properly and are touching these areas with contaminated hands.



IT'S IMPORTANT TO WASH YOUR HANDS:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After touching garbage
- 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

If no soap or water is available, use a hand sanitizer with at least 60% alcohol.

2. Avoid Touching Your Face with Unwashed Hands

3. Cover Your Mouth or Nose with a Tissue When You Cough or Sneeze

- The average uncovered sneeze sends droplets up to 8 feet away
- Hearty sneezes can spew droplets at speeds of up to 100 mph
- If you're caught without a tissue, use the crook of your elbow



4. Avoid Contact with Sick People & Stay Away From Others When You Are Sick

5. Clean & Disinfect Properly

- Clean & disinfect areas once or twice daily depending on conditions
- Put a strong emphasis on high touch areas such as buttons & handles (i.e. elevator, refrigerator), door knobs, keyboards, phones etc.
- Check efficacy on EPA registered disinfectants (what pathogens they kill)
- Follow label directions - instructions and dwell times will vary for different pathogens

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