

# COVID-19

SAFETY MOMENT



## The High 5 of Hand Hygiene

**1**

Wash hands for **at least 15 seconds**  
(hum Happy Birthday to yourself twice)

**2**

Keep your hands dry, germs spread **1,000x more when damp**

**3**

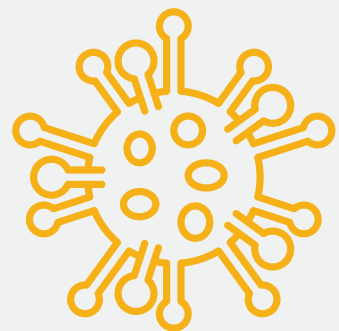
**Avoid hand shaking** when possible or apply hand sanitizer afterwards

**4**

Utilize hand sanitizer **with 60% alcohol** content or more

**5**

Avoid **touching your face**



**80%** of common infections are spread by hands



It is estimated that people touch their face **23x** every hour



Patients with COVID-19 can spread the disease for up to **14 days** even without showing symptoms

