

Your Employee Assistance Program is a support service that can help you take the first step toward change.

Preventive Measures against viruses: Best-practices for handwashing

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Preventive Measures: Best practices for handwashing

Experts say you can help prevent the spread of infection by washing your hands regularly and following some guidelines for proper handwashing.



Wet your hands with water.

Apply enough soap to cover them.

Wash your hands for 20 seconds by:

- Rubbing your hands together.
- Rub the backs of both hands.
- Clean in between all your fingers.
- Scrubbing under your fingernails.

Rinse.

Dry your hands with a disposable towel.

Turn off the water using the disposable towel.

If using an alcohol-based hand sanitizer, follow the manufacturer's directions.

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