

Hand Hygiene

Throughout
the COVID-19
Pandemic



HAND WASHING IS THE MOST IMPORTANT THING YOU CAN DO TO PREVENT THE SPREAD OF DISEASE

When?

- Regularly
- After blowing your nose, coughing, or sneezing
- After using the bathroom
- Before, during and after preparing & eating food
- Before & after caring for someone at home who is sick
- After handling dirty laundry
- Handling bodily fluids
- Arriving from home or leaving work

How?



1. Rinse hands thoroughly



2. Apply soap



3. Lather for over 20 seconds, then rinse



4. Paper towel or air dry

or



If no soap & water, apply an alcohol based sanitizer

Hilton

SAFETY AND
SECURITY