

Employee Safety

## Prevent the Spread of COVID-19 – Don't Forget Signs

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NMC offers numerous handwashing signs.

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

### Wash Your Hands Often to Stay Healthy

You can help yourself, your loved ones, and co-workers stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using 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
- **After** touching garbage

### Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

## Remind Your Workforce about Proper Hygiene

It's not enough to assume the above steps are taken. Remind your workforce to wash hands by posting signs and labels in applicable spots such as restrooms, doorways, break areas, and more. NMC offers a full line of handwashing signs and technique posters.

*Click here to browse now.*

### Avoid close contact, Clean & Disinfect

- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for *people who are at higher risk of getting very sick*.
- **Clean AND disinfect frequently touched surfaces daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them**: Use detergent or soap and water prior to disinfection.

### Additional Resources:

- *Coronavirus disease COVID-19 advice for the public from the World Health Organization (WHO)*
- *Downloadable Fact Sheets and Free Printable COVID-19 Awareness Posters*
- *CDC Frequently Asked Questions*

*Previously Featured on NMC's safety blog.*

*You can find the full line of handwashing signs from NMC on MSCDirect.com.*

[www.mscdirect.com/betterMRO](http://www.mscdirect.com/betterMRO)

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