

# QEHS SPECIAL EDITION TOOLBOX

MONTHLY TOPICS  
**COVID-19**

Original Date **4/9/2020**  
Revised Date **4/9/2020**

SPECIAL TOPIC  
**Personal Hygiene**

## Hand Washing How-To MATH

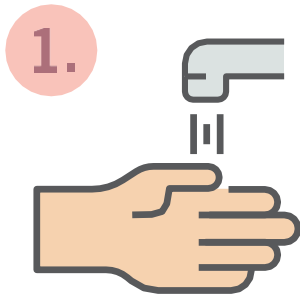
1. + 2. + 3. +  
4. + 5. + 6. =  
7.   
**HANDS CLEAN!**



**STAY HOME  
IF YOU ARE SICK.**

IF YOU HAVE CORONAVIRUS  
SYMPTOMS, STAY HOME EXCEPT  
TO GET MEDICAL CARE.

If soap and water aren't available, use a hand sanitizer containing at least 70% alcohol.



Wet hands with clean water and apply soap.



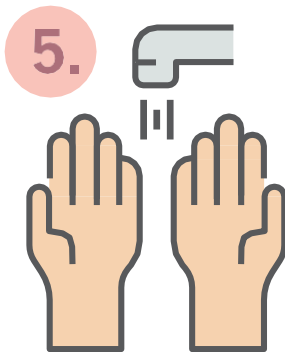
Scrub hands for at least 20 seconds.



Make sure to clean the backs of your hands and between fingers.



Don't forget to clean under fingernails.



Rinse hands with clean, running water.



Dry your hands with a clean towel or air dryer  
*(germs are transferred more easily to and from wet hands).*