



Pandemic Precautions

Minimizing the Risk

The best way to minimize the risk is to be informed and aware of the issues and safeguards. You should practice good hygiene practices as outlined below:

Hand Washing – why is it important?

Hands carry and spread germs. Touching your eyes, nose or mouth without first cleaning your hands may let germs into your body. Germs can also spread if a person sneezes or coughs into their hands and then touches an object such as a door handle, subway pole or telephone. The next person who touches these objects may pick up germs and get sick if they do not clean their hands before touching their eyes, nose or mouth.

When should I wash my hands with soap and water?

Wash hands often throughout the day. When contact is made with sharable equipment and when hands are visibly dirty.

Be sure to wash your hands after:

- sneezing, coughing, blowing your nose - preparing and eating food.
- using the washroom - touching a cut or open sore.
- handling garbage - touching eyes, nose or mouth.

What's the best way to wash hands with soap and water?

Wet hands with warm water and apply soap. Rub hands together vigorously for 15 seconds.

Scrub entire hand, including back of hands, between fingers and under nails.

Rinse well and dry hands with a towel (in public washrooms use single-use towels) or blow dryer.

Use towel to turn off water taps, if necessary.

When can I use hand sanitizers instead of soap and water?

Hand sanitizers are very useful when soap and water are not available. If your hands are not visibly dirty, then alcohol-based (minimum 60%) hand sanitizers, gels or rinses will reduce germs. If hands are visibly dirty, wash with soap and water.

Cleaning standards

Germs such as influenza, cold viruses, and more severe germs can be spread by touch. When you touch an object such as a door handle, toilet or sink you are spreading germs.

In order to minimize the spread of germs please pay special attention to disinfecting the following surface routinely throughout the day:

- Entrance / washroom door contact points – handles, frames etc..
- Vehicle door handles
- Contact points for garbage containers
- Washrooms, Paper towel and toilet paper dispensers, Toilets and sinks, Counters