

Handwashing 101

(Sorry, no credit hours.)

Geisinger

The world can be a dirty place – according to the CDC, the virus that causes COVID-19 can live on surfaces for hours or even days. Keep yourself safe by washing your hands often.

It's been a while since kindergarten, so here's a refresher on how to do it right:

- Use soap and water to scrub for at least 20 seconds, especially after you've been in public areas.
- Make sure to get the backs of your hands, between your fingers and under your nails.
- No sink handy? Use hand sanitizer that contains at least 60% alcohol.
- Only touch your eyes, nose and mouth when your hands are clean.

