

# Hand Hygiene

Throughout  
the COVID-19  
Pandemic



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

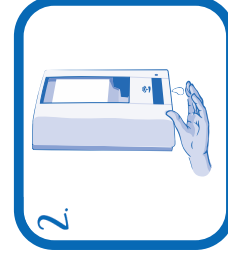
### When?

- 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?



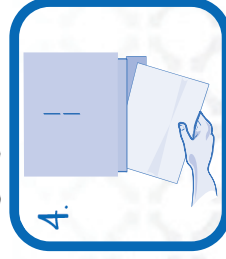
Rinse hands  
thoroughly



Apply soap

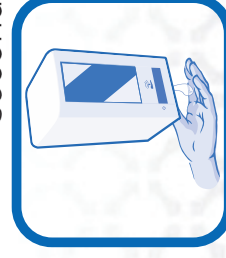


Lather for over 20  
seconds, then rinse



Paper towel or  
air dry

or



If no soap & water, apply an  
alcohol based sanitizer

**Hilton**

SAFETY AND  
SECURITY