

5 Keys to Healthy Hand Washing

In the fight against COVID-19, clean hands are critical



1. Use clean running water and soap



2. Lather and scrub for at least 20 seconds *



3. Don't forget BBU: backs of hands, between fingers, and under nails



4. Rinse well under clean running water



5. Use a fresh paper towel or air dryer **

*Pro Tip: 20 seconds = about the time that it takes to sing "Happy Birthday" twice or "Mighty Oregon" once.

**Pro Tip: Paper towels can be used as barriers when opening doors.

If You Start Feeling Sick, Stay Home.

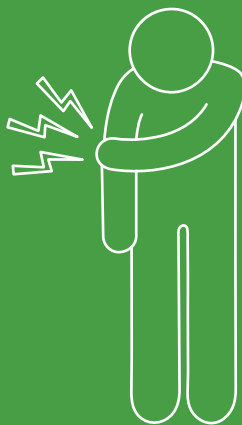
If you have any of these symptoms, please leave campus and contact your health-care provider immediately. Then, follow up with your supervisor.



Fever or chills



**Cough, sore throat, or
difficulty breathing**



Muscle pain



**Recent loss of
taste or smell**

Employees: if your health-care provider suspects or has confirmed that you have COVID-19, call your immediate supervisor so they are aware, and contact Employee and Labor Relations, Human Resources at UOELR@uoregon.edu or 541-346-2972.

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