

Get the facts on handwashing

As Public Health Inspectors, one of the ways we work to protect the health of Canadians is by ensuring that food safety best practices are being followed at food establishments and grocery stores. Our hands and high-touch surfaces are primary ways viruses such as COVID-19 can inadvertently be spread from person-to-person. Here's how you can bring food safety best practices home, and help prevent the spread of COVID-19, avoid getting sick from badly prepared food, and protect your health.



How to wash your hands



Wet hands with warm water.



Apply soap.



For at least 20 seconds, make sure to wash:

- ▶ Palm and back of each hand
- ▶ Between fingers
- ▶ Under nails
- ▶ Thumbs



Rinse well.



Dry hands well with paper towel.



Turn off tap using paper towel.

Checklist

What have you touched or done recently? If you answer "yes" to any of the below, and especially if you were wearing gloves, it's time to wash your hands and sanitize those items.

- ▶ Door handles
- ▶ House keys/car keys
- ▶ Mobile phone, especially touch screen
- ▶ Car door handles or steering wheel
- ▶ Gas pumps
- ▶ Card payment machines
- ▶ Light switches
- ▶ Faucet handles
- ▶ Cabinet handles and knobs
- ▶ Toilet flush levers
- ▶ After preparing food
- ▶ Before eating food
- ▶ After coughing or sneezing
- ▶ Before and after touching your face



Hand sanitizers

There's no replacement for handwashing. Though alcohol-based hand sanitizers are a convenient way of protecting yourself against the spread of COVID-19, they are not effective against all viruses. Washing your hands with water and soap is the best way to remove all germs from your hands.

If you must use hand sanitizer:

60%

Look for an alcohol-based product with at least 60% alcohol content. Scented products are okay—they will not impede the effectiveness of the alcohol.

30_{sec}

When using a hand sanitizer, rub it into your hands for at least thirty seconds and then let it dry completely.



When you are able, wash your hands with soap and water.

Myth-buster

A boil water advisory means the water isn't safe for handwashing.

It is still safe to wash your hands with tap water if you are on a boil water advisory. However, if you are on a "do not consume" or "do not use advisory", you should use an alternate source for handwashing.

About us

The Canadian Institute of Public Health Inspectors (CIPHI) is a national professional association representing environmental health professionals working as Public Health Inspectors, Environmental Health Officers, Community Care Licensing Officers, infection control personnel, and consultants. Through our work with provincial and regional health authorities, health counties, tribal councils, and provincial and federal governments and ministries, environmental public health professionals play a vital role in protecting the health of all Canadians.

Looking for more best practices on how to protect yourself and prevent the spread of COVID-19?

See our website at www.ciphi.ca/covid.