

Health Tips

Wash your hands

March 15 – 28, 2021

KILL THOSE GERMS – 20 SECONDS IS ALL IT TAKES

Do you have a favourite tune you sing in your head while washing your hands?

Whether you're belting out Happy Birthday or Fleetwood Mac's "Landslide", make sure you scrub your hands with soap for 20 seconds before rinsing.

Let's be honest, it feels silly to just be washing your hands for so long. But it takes time for the soap to kill the germs on your hands.

Think about all the things you touch in a day: door knobs, tools, your phones. Research shows that your phone has 10 times more germs than a toilet seat.

There's a simple fix: Wash or sanitize your hands (and your phone) regularly.



**Our goal is Zero incidents.
Zero tolerance for not following COVID measures.
Zero COVID spread.**

What to do if you feel unwell?

Be aware of COVID-19 symptoms and don't take any chances when it comes to the health and safety of you and your coworkers. If you are feeling unwell, please contact the medical team immediately and do not report to work. Support will be provided if you need to isolate while your symptoms are assessed.

Please refer to the BC Centre for Disease Control (bccdc.ca) or the Northern Health Authority (northernhealth.ca) for more information and resources on COVID-19. You can also call Northern Health's COVID-19 Online Clinic and Information Line at 1-844-645-7811.