

# HAND WASHING

Tips from behavioral scientists to reduce the spread of COVID-19

## HELP OTHERS

Washing your hands limits the spread of the virus

Think of whom you are protecting

Good habits can help reopen our societies



## CREATE A GOOD HABIT

When you enter your home, make it a habit to wash your hands

Post reminders throughout your home

Think in advance that you will open the door, go to the sink, and wash your hands



## HAVE A PLAN

Always have a plan to:

Wash after:

- entering the house
- decontaminating your
  - cell phone
  - debit/credit cards
  - grocery bags
- using the bathroom

Wash before:

- preparing food
- eating
- providing personal care
- touching your face



## TIMING MATTERS

At least 20 seconds is advised

Sing the *Happy Birthday* song twice

Use a timer:

- a clock's second-hand
- on your phone or other
- digital/voice-activated devices ("set timer 20 seconds")



## GOOD CITIZEN

Other people are washing their hands

Do your part

Please don't cheat

