Stony Brook University

SAFETY TALK

Environmental Health and Safety Newsletter March 2026

Hand Hygiene

With cold and flu season upon us, we thought it would be a good time to remind you of the single most effective way to achieve a healthy you and a healthy campus… Handwashing.
Infectious materials and organisms such as bacteria, viruses and parasites are all around us — on our skin, in the kitchen sink, on doorknobs, and on many other everyday surfaces. Most people get sick after contacting something contaminated and then touching their eyes, nose or mouth. Infectious agents can pass from one person's hands to another.

How do you ensure you reduce your risk of getting sick and spreading germs?
It starts with knowing when and how to wash your hands and what to do when you do not have access to soap and water. You should wash or sanitize your hands:

- Before and after food preparation or eating
- Before leaving the bathroom
- After coughing, sneezing, or blowing your nose
- After visiting someone who is sick
- After handling animals and animal waste
- After touching garbage

Follow Five Steps to Wash Your Hands the Right Way

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

Use Hand Sanitizer When You Can't Use Soap and Water
Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Date:	
Department:	
Supervisor ***(please print)*****:**	
Supervisor Signature:	
Employee Participants: ***Please Print Clearly***	*Signature*

Environmental Health and Safety

110 Suffolk Hall Stony Brook, NY 11794
Main Office: 632-6410 Fax: 632-9683

Please share the safety talk, for the noted month, with your employees and sign off on this form. All others should read for themselves. Completed forms shall be kept on file by