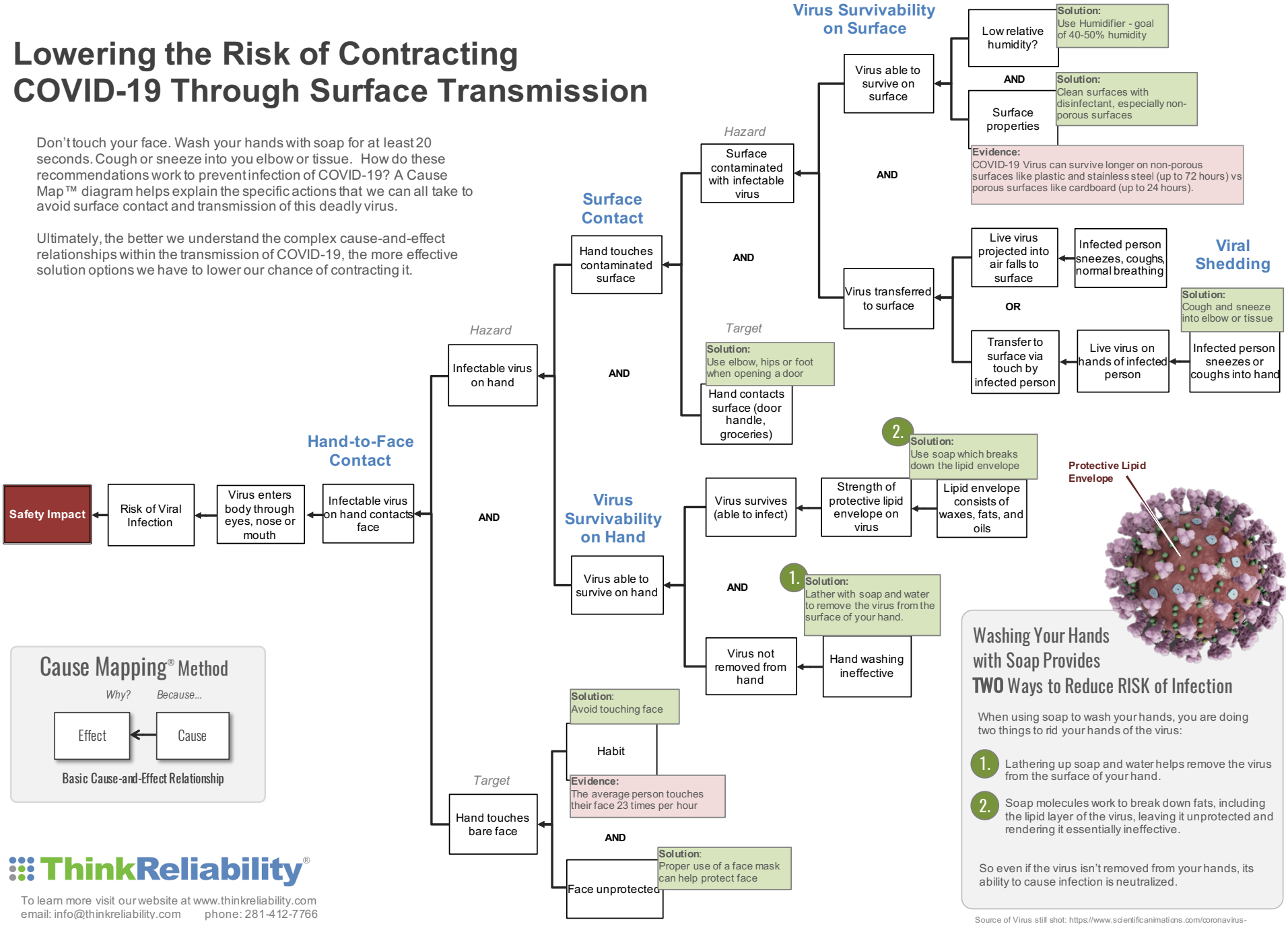
Lowering the Risk of Contracting COVID-19 Through Surface Transmission

Don't touch your face. Wash your hands with soap for at least 20 seconds. Cough or sneeze into you elbow or tissue. How do these recommendations work to prevent infection of COVID-19? A Cause Map™ diagram helps explain the specific actions that we can all take to avoid surface contact and transmission of this deadly virus.

Ultimately, the better we understand the complex cause-and-effect relationships within the transmission of COVID-19, the more effective solution options we have to lower our chance of contracting it.



Cause Mapping® Method

Why? *Because...*

Effect ← Cause

Basic Cause-and-Effect Relationship

Washing Your Hands with Soap Provides **TWO** Ways to Reduce RISK of Infection

When using soap to wash your hands, you are doing two things to rid your hands of the virus:

1. Lathering up soap and water helps remove the virus from the surface of your hand.
2. Soap molecules work to break down fats, including the lipid layer of the virus, leaving it unprotected and rendering it essentially ineffective.

So even if the virus isn't removed from your hands, its ability to cause infection is neutralized.

Source of Virus still shot: https://www.scientificanimations.com/coronavirus-explained-through-3d-medical-animation/

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To learn more visit our website at www.thinkreliability.com
email: info@thinkreliability.com phone: 281-412-7766

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