

# I cut my hand. Will this increase the risk of me catching coronavirus?

The good news is that coronavirus (COVID-19) can't get in through other parts of your body, like your skin or your hair, but you might be surprised just how easily it can infect you through your mouth, nose and eyes. Proper handwashing is one of the best ways to prevent spreading viruses and infections like coronavirus or influenza.

Wash your hands thoroughly with soap and water for 20 seconds to prevent passing on germs. Dry your hands. Also remember to:

- Cover your coughs and sneezes with your elbow or a tissue.
- Put used tissues straight into the bin.
- Wash your hands often with soap and water, including before and after eating and after going to the toilet.
- Use alcohol-based hand sanitisers.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently used surfaces such as benchtops, desks and doorknobs.
- Clean and disinfect often used objects such as mobile phones, keys, wallets and work passes.
- Increase the amount of fresh air available by opening windows or adjusting the air conditioning.
- Rinse the cut with water and apply a waterproof dressing to the cut.

## Reference

Government of Health. Queensland Health. (2020). [How does COVID spread and how can I stop myself getting it.](#)