

In the midst of COVID-19, hand washing is **one of** your best lines of defense. You can help protect yourself from getting sick, as well as your family members. In the event soap and water **are not** available, an alcohol-based sanitizer with at least 60% alcohol may be used. Proper hand washing is easy, and only takes 20 seconds! Water temperature does not matter. According to the Center for Disease Control and Prevention (CDC), the following five steps should be followed:

- ❖ **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.



For more information, visit these links created by the World Health Organization (WHO) and CDC:

<https://www.youtube.com/watch?v=3PmVJQUCm4E>

<https://www.cdc.gov/handwashing/when-how-handwashing.html>