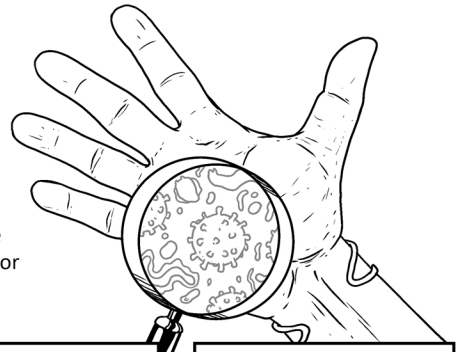


Clean Hands Help Prevent the Spread of the Virus!

Wash hands often, especially after: returning from outside, after using the bathroom, before eating, after sneezing or coughing, and before handling a baby.



Washing hands with running water

- 1) Wet hands with clean water.
- 2) Apply soap and rub hands as instructed below...

Washing hands with shared wash pans

if running water or hand sanitizer are limited or unavailable

How to prepare pans:

- 1) Mix soap and water in **Pan 1**.
- 2) Add water only to **Pan 2**.
- 3) With disposable rubber gloves, mix sanitizing solution safe for hands in **Pan 3**: Add 2.5 tablespoons of liquid bleach per 1 gallon of room temperature water.

CAUTION! Never mix bleach with dish soap or other household cleaners! This can produce dangerous, toxic fumes.

Make sure you are in an area with open windows or fan to avoid inhaling potentially toxic fumes.

How to wash hands:

- 1) Wash hands with **Pan 1** soapy water by rubbing them as instructed below...

Sanitizing hands

- 1) Pour a generous portion of hand sanitizer into hands.
- 2) Rub hands as instructed below...

CAUTION! Sanitizer is poisonous when ingested. Do not drink or let children swallow an alcohol-based hand sanitizer.

How to rub hands together to ensure proper cleaning:

20 SECONDS

- 3) Rinse hands with clean water.

Avoid touching the faucet with hands when turning off water.

- 2) Rinse hands with **Pan 2** water.
- 3) Dip hands in **Pan 3** sanitizing solution. Then dry hands with towel or let air dry.

Replace all pans with clean water and water solutions daily.

COVID-19 relief: 1.833.956.1554 or navajohopisolidarity.org

More info on COVID-19: Visit CDC.gov/coronavirus

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