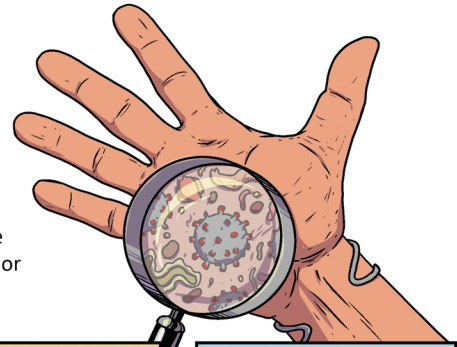


Clean Hands Help Prevent the Spread of the Virus!

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

CAUTION! Never mix bleach with dish soap or other household cleaners! This can produce *dangerous, 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:

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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