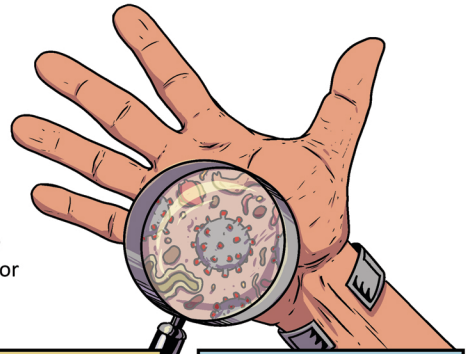


Clean Hands Help Prevent the Spread of the Coronavirus!

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



More info on Covid-19: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)
Covid-19 relief: 1.833.956.1554 or navajohopisolidarity.org

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.