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.

**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*

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.**

**Sanitizing hands**

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

**How to wash hands:**

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

**How to rub hands together to ensure proper cleaning:**

1) Rub palms together.
2) Turn hands palm-side up and rub fingers in between hand palms.
3) Rinse hands with clean water.

**How to dry hands:**

1) Use clean paper towel to dry hands.
2) Avoid touching the faucet with hands when turning off water.

**Sanitize 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.**

**More info on Covid-19:**

Covid-19 relief: 1.833.556.1554 or navajohop-solidarity.org

**CAUTION!**