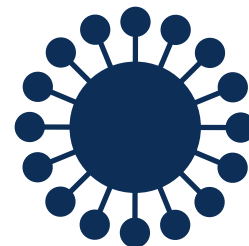


# COVID-19: HANDWASHING

## COVID-19 CAN BE SPREAD

- By touching your eyes, nose, or mouth
- Through close contact with other people



## WHEN TO WASH YOUR HANDS



- Before touching your eyes, nose, or mouth
- After you blow your nose, cough, or sneeze
- Before and after eating
- After touching public surfaces or any objects outside of your home e.g. door handles, gas pumps, PIN pads, shopping carts/baskets, public touch screen devices
- After visiting a public space
- Before, during, and after caring for a sick person
- After using the toilet, handling garbage or touching pets, and changing babies' diapers or helping children use the toilet



## HOW TO WASH YOUR HANDS

- 1) **Wet your hands** with clean, running water, turn off the tap, then apply soap
- 2) **Rub your hands together** with soap. Include the backs of your hands, between your fingers, and under your nails
- 3) **Scrub your hands for at least 20 seconds.** A good measure of time: hum/sing the "Happy Birthday" song from beginning to end twice
- 4) **Insert your hands under clean, running water and dry them** using a clean towel or air dry

## IF YOU DON'T HAVE SOAP



- Use hand sanitizer containing at least 60% alcohol.
- Rub hands together over the surfaces of your palms and fingers for at least 20 seconds.

## WASHING YOUR CHILD'S HANDS

- **Make it easy!** Set up a stool for them to reach the soap and water.
- **Make it fun** Sing their favorite songs while you help. Examples include singing "Happy Birthday" or "The A.B.C" two times.

