

## **HAND WASHING AND HAND SANITIZER**

It is recommended by the Centers for Disease Control and Prevention that you should wash your hands for at least 20 seconds with warm water and soap using a friction motion after eating, using the restroom, or visibly soiled. Hand washing is also encouraged before placing your mask, if at all possible. An alternate to using soap and water when placing or removing your mask is the use of hand sanitizers. Use of hand sanitizers with at least 60% alcohol has been proven effective to reduce the spread of germs (virus and bacteria). To use hand sanitizer, place enough sanitizer in the palm of your hand to cover both the front and back of each hand. Rub hands together palm to palm, then over the back of each hand. Watch the World Health Organization video at <https://www.youtube.com/watch?v=ZnSjFr6J9Hl>.