Hand Washing

Hand washing is the first and best way to avoid sickness and prevent the transmission of germs including the coronavirus (Covid-19) virus.

1. Wet hands in clean running water. You can use either hot or cold water.
2. Use soap and lather your hands. Scrub your hands for at least 20 seconds. (How long is 20 seconds? Sing Happy Birthday twice to yourself or out loud.) Be sure to wash all surfaces and between your fingers, under your nails, and up to your wrists.
3. Rinse the germs and soap away in clean running water.
4. Dry your hands using a paper or cloth hand towel. If you use a cloth hand towel, make sure to wash it frequently especially if they are shared by others in the household.

Using Hand Sanitizer

Hand sanitizer is NOT a substitute for soap and water for removing germs. It is not as effective if your hands are visibly dirty or have been exposed to chemicals.

Hand sanitizer is an acceptable backup when soap and water are not immediately available. Use it until you can wash your hands. To be effective, a hand sanitizer must be alcohol-based and contain at least 60% alcohol

1. Generously apply the sanitizer to the palm of your hand.
2. Thoroughly rub your hands together. Make sure you cover all surfaces of your hands and all your fingers.
3. Continue rubbing the sanitizer into the hands for 30 – 60 seconds or until your hands are dry.

Be sure to wash your hands with soap and water as soon as you are able.

DIY Hand Sanitizer

What you need:

- ¾ cup of isopropyl or rubbing alcohol (99%)
- ¼ cup of aloe vera gel (helps to keep your hands smooth and counteracts the harshness of the alcohol)
- 10 drops of essential oil, such as lavender oil, or you can use lemon juice instead.

Directions:

1. Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container.
2. Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel.
3. Pour the ingredients into an empty bottle for easy use, and label it "hand sanitizer."