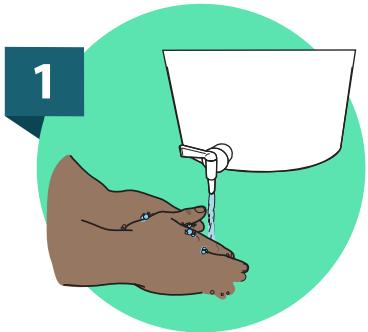


Handwashing and Making a Solution for Handwashing

Handwashing

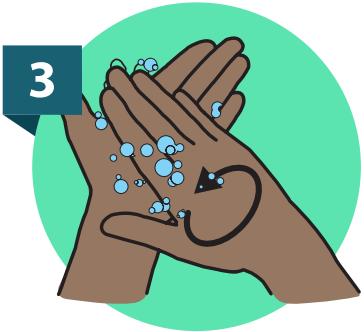
Wash hands with soap and water for at least 20 seconds. Use the cleanest water possible, for example from an improved source.* If soap and water are not available use an alcohol-based hand rub that contains at least 60% alcohol.



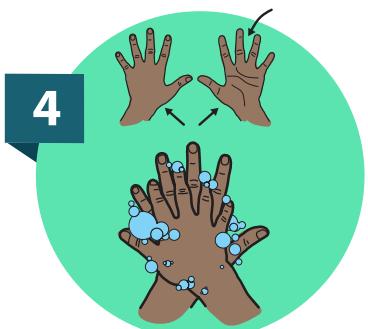
Wet hands with water.



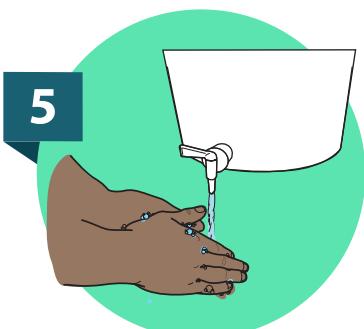
Apply enough soap to cover the front and back of your hands and in between your fingers.



Rub hands together and scrub the front and back of your hands and in between your fingers.



Wash the front and back of your hands, in between your fingers, and under your nails.



Rinse your hands with clean water.



Dry hands completely using a clean towel or single-use towel or air dry.

WHEN TO WASH HANDS TO PREVENT COVID-19:

Remember to wash your hands **before, during or after** each of these activities to stay healthy:

- Before, during, and after preparing food
- Before eating food
- Before touching your face**
- Before and after caring for someone who is sick
- After blowing your nose, coughing, or sneezing
- After being in a public place
- After changing diapers or cleaning up a child who has used the toilet
- After using the toilet or latrine
- After touching an animal, animal feed, or animal waste
- After touching garbage

** **Avoid touching your eyes, nose, and mouth with unwashed hands.**



* When using alcohol-based hand rub or sanitizer, apply the product to the palm of one hand and rub the product all over the surfaces of your hands until your hands are dry. Read the label of the hand sanitizer to learn the correct amount of product to rub.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

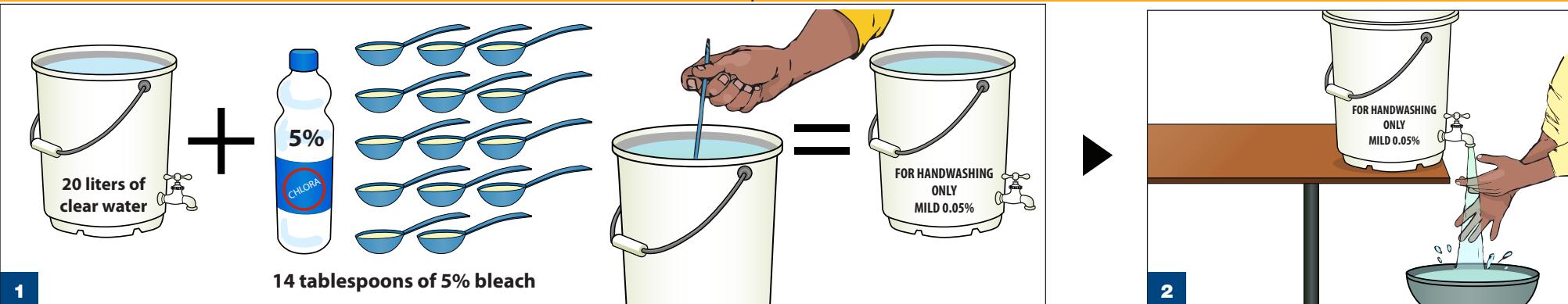
Handwashing and Making a Solution for Handwashing

Handwashing Solution

Remember, only use chlorine-based hand washing solutions when soap and water or alcohol-based hand rub are not available.

Making handwashing solution from 5% liquid bleach

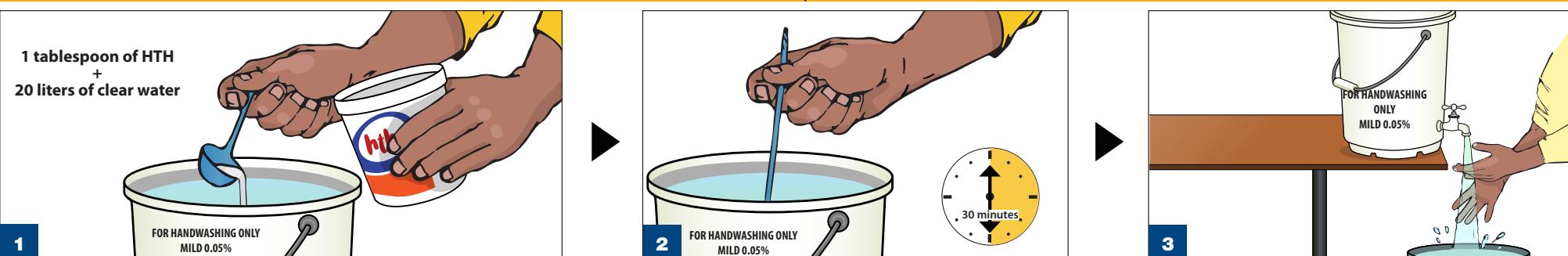
Use the **MILD** chlorine water to wash hands. Make new **mild** chlorine water every day.



Mix 14 tablespoons (1 cup plus $\frac{3}{4}$ cup) of 5% bleach into 20 liters (5 gallons plus $4\frac{1}{2}$ cups) of clear water. Stir well. Label plastic bucket for handwashing only / **MILD** 0.05%. Do not drink or use for cooking

Making handwashing solution from HTH chlorine powder

Use the **MILD** chlorine water to wash hands. Make new **mild** chlorine water every day.



Mix 1 tablespoon of HTH chlorine powder into 20 liters (5 gallons plus $4\frac{1}{2}$ cups) of water every day. Stir well. Label plastic bucket for handwashing only / **MILD** 0.05%. Do not drink or use for cooking.

Stir well and wait 30 minutes.

Use the **MILD** chlorine water to wash hands.



- **Do NOT drink chlorine water.** United States [Food and Drug Administration -FDA](#) warns this may cause people to be unwell, sick or die.
- **Do NOT put chlorine water in mouth or eyes.** This may cause burning, red eyes, itching, blurred vision, or sensitivity to light.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)