Your Health is in Your Hands
Wash your hands and sanitize your surfaces

Handwashing Technique

1. Wet hands with warm water.
2. Apply soap.
3. Scrub the front and back of hands, in between fingers, under and around nails, and around wrists for 20 seconds (trying singing the ABCs).
4. Rinse hands with warm water.
5. Dry hands with a clean towel or paper towel.
6. Turn off the water using a towel.

Disinfecting Solution

1. In a large spray bottle, combine 1 cup of water with 1 teaspoon of bleach.
2. Attach the lid tightly and shake.
3. Wash counter tops, door knobs, tables, and other surfaces with warm, soapy water.
4. Spray with disinfecting spray.
5. Let sit for at least 30 seconds before wiping dry with a paper towel or let air dry.

CAUTION: Do not mix bleach with any other chemicals or cleaning supplies. Adding additional bleach is not more effective and may be dangerous to your health.

Visit our website for more information:
uwycnp.org/welcome/coronavirus-cnp/

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