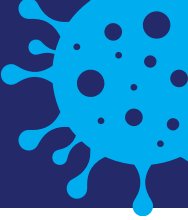


# Hand Washing



## WHEN TO WASH YOUR HANDS

Wash your hands every time you...



Prepare food or eat



Touch your face



Care for a sick person



Go to the bathroom



Cough or Sneeze



Change a diaper



Touch an animal



Touch frequently touched surfaces like door handles, handrails, etc.

## HOW TO WASH YOUR HANDS



Use soap and water and wash for 20 seconds (or how long it takes to sing Happy Birthday twice).



Be sure to wash your...



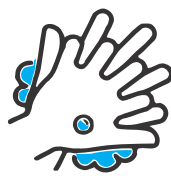
fingernails & fingertips



back of hands



palms



between fingers



knuckles



wrists



thumbs

## IF SOAP AND WATER ARE NOT AVAILABLE



Only use a hand sanitizer that has 60% alcohol.

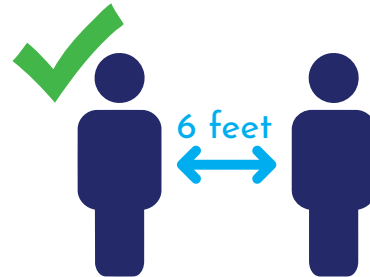


Rub your hands together covering all surfaces for 20 seconds.

## OTHER WAYS TO PREVENT COVID-19



Wear a cloth face covering that covers your nose AND mouth



Stay 6 feet away from anyone you do not live with



Stay home, away from others if you feel sick



Do NOT Touch your face or cloth face covering



Requests for accommodations may be made by calling (415) 473-3232 (TDD/TTY), or by email ([digitalaccess@marincounty.org](mailto:digitalaccess@marincounty.org)). Copies of documents are available in alternative formats, upon request.



Have questions about COVID-19? Call us at 1(833) 422.4255.