

# Health and Safety

for congregations

## Handwashing

### Follow six steps to wash your hands:

- 1** Wet your hands with clean, running water (warm or cold) and apply soap
- 2** Lather your hands by rubbing them together with the soap
- 3** Lather the backs of your hands and between your fingers
- 4** Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice
- 5** Rinse your hands well under clean, running water
- 6** Dry your hands using a clean towel or air dry them



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. This is particularly important during these key times:



Before, during and after handling food



After using the bathroom



Before and after being with people who are unwell



After blowing your nose, coughing, or sneezing



After handling money



After touching your eyes, nose or mouth

