



### **Proper Handwashing Technique**

With the Coronavirus outbreak, we wanted to share some good handwashing techniques. To help prevent the spread of this and other viruses going around, you should wash your hands properly and frequently. Soap and water are best. Here is the proper handwashing technique:

1. Get your hands wet with either warm or hot water. Cold water can be used if its clean.
2. Apply soap. Regular bar soap or antibacterial soap will suffice.
3. Rub hands together to lather.
4. Scrub your hands, including the back of your hands, under fingernails and especially in the crevices between fingers.
5. Rub hands together and scrub for at least 20 seconds. If you need a timer, sing the Happy Birthday song twice in your head and that is 20 seconds!
6. Rinse hands under warm or hot running water.
7. Use a clean towel to dry hands. If not available, let your hands air dry.

### **Alcohol-based Hand Sanitizer**

When water is not an option, alcohol-based hand sanitizers (*containing at least 60 percent alcohol*) are a good substitute.

- Generously place the product on both the front and back of your hands as well as your fingers and wait until your hands are dry.
- Please note that alcohol-based sanitizers do not eliminate all types of germs and they may not remove other chemicals like pesticides that might be on your hands.
- Also, because these products contain such a high alcohol concentration, do not use them around any open flames as they are highly flammable.

Proper handwashing is important to learn from an early age to your senior years. New viruses develop and protecting yourself with this basic ritual is a good start to preventing sickness and infection. Download and print the attached infographic to post in your house to help remind your family. For a video version from the CDC, go to <https://youtu.be/d914EnpU4Fo>.

For the nearest Surepoint ER location and contact information, go to <https://www.surepoint-er.com/locations/>

For continuing resources or information, go to <https://www.surepoint-er.com/about-us/resources/>

For more information on the Coronavirus (COVID-19), go to <https://www.dshs.texas.gov/coronavirus/>