

CLEAN YOUR HANDS TO PREVENT THE SPREAD OF EBOLA

The best way to clean hands is by handwashing with soap and water for at least 20 seconds. If water and soap are not available, use an alcohol-based handrub with at least 60% alcohol.

HOW TO WASH HANDS WITH SOAP AND WATER



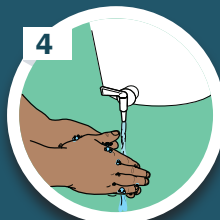
1
Wet hands with water.



2
Apply soap.



3
Rub hands together to cover all surfaces and scrub hands for 20 seconds.



4
Rinse hands with **clean** water.



5
Dry hands completely using a clean single-use towel or air dry.

HOW TO USE ALCOHOL-BASED HANDRUB



1
Apply handrub to hands.



2
Rub hands together to cover all surfaces of hands.



3
Rub hands together until dry.

WHEN TO USE EACH METHOD

Key Times

Water and Soap

When hands are greasy or visibly soiled with dirt, blood, or other body fluid

After using the bathroom or changing diapers

Before eating

Before, during, and after preparing food

Water and Soap or Handrub

After blowing your nose, coughing, or sneezing

Before and after caring from someone who is sick (if hands are not visibly soiled with blood or other body fluids)



WHAT ABOUT CHLORINE? If no soap and water or handrub are available, hands can be washed with a 0.05% chlorine solution. Repeated use of 0.05% chlorine solution can cause skin irritation.