Washing your hands or using hand sanitizer can help prevent the spread of COVID-19. DHSS recommends washing your hands often, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
2. Get Soap.
3. Scrub. Rub your hands together with the soap. Be sure to rub the soap on the backs of your hands, between your fingers, and under your nails. Scrub for at least 20 seconds. Need a timer? Hum the Happy Birthday song twice.
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel.

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

Missouri DHSS Department of Health and Senior Services

For more information:
www.health.mo.gov/coronavirus

Updated 3/16/2020