



PRECAUTIONS

GOOD HYGIENE - HAND SANITIZATION

COVID-19 Precautions: For the foreseeable future, to enter Trinity Baptist, we ask everyone self-screen, social distance, avoid contacting others and surfaces, practice good hygiene, and (except for those age 2 and under) wear a mask covering your nose and mouth at all times.

Practice Good Hygiene Hand Sanitization

Why & When?

- **Our hands** are a major way germs move...
 - from our mouth, nose, and eyes to another person or surfaces another may touch.
 - from another person or surface to our mouth, nose, and eyes.
- **Avoid touching**
 - your own mouth, nose, and eyes
 - any person
 - any surfaces, especially surfaces commonly used by others, e.g., door handles, chairs, pencils/pens, etc.
- **Sanitize Hands frequently**
 - after touching any of the above.
 - prior to
 - ♦ placing and after removing masks
 - ♦ eating
 - using the restroom

Ways to Sanitize Hands:

1. **Proper hand washing – removes grime, debris, other contaminants, and germs, and is the CDC’s preferred hand sanitization method.**
2. Proper use of **hand sanitizers** – kills germs
 - **Germs** can be hidden from hand sanitizers by debris, grime, and other contaminants.
 - **Hands should be free of grime, debris, and other contaminants** for hand sanitizers to work.
 - **Hand sanitizer should be**
 - ♦ **Liberalily dispensed** into palm
 - ♦ **Spread thoroughly**
 - Front & back of fingers & hands
 - Between fingers & around thumbs
 - On finger tips & nails
 - ♦ **Allowed to air dry**

Proper Way to Wash Your Hands:

1 Wet hands with Warm Water

2 Apply Soap

3 Lather & Scrub vigorously (>20s)

3 Remember to Scrub

- between fingers
- finger tips & nails
- back of fingers & hands
- thumbs & wrists

4 Rinse hands thoroughly (>10s)

5 Dry hands with Sanitary Towel

6 Turn off Tap using Towel

7 Open Door with Towel & dispose