

## Guidelines and Suggestions for outreach ministries of congregations

### **Feeding programs**

- If you are sick or in any of the high-risk categories, please stay home
- Post signs outlining steps to protect yourself (samples attached)
- Have handwashing stations available for workers/volunteers and for guests.
- Post signs reminding people to wash their hands and the proper hand washing technique (see attached).
- If hand washing stations are not possible, have hand sanitizers available.
- Follow CDC guidelines for cleaning and disinfecting (attached) before, during, and after
- Have meals pre-packaged on a table for guests to pick up, instead of cafeteria-style to respect social distancing
- Limit the number of guests at a time

### **Food Pantries**

- If you are sick or in any of the high-risk categories, please stay home
- Post signs outlining steps to protect yourself (samples attached)
- Have handwashing stations available for workers/volunteers and for guests.
- Post signs reminding people to wash their hands and the proper hand washing technique (posters from Hawaii Department of Health and CDC are attached).
- If hand washing stations are not possible, have hand sanitizers available.
- Follow CDC guidelines for cleaning and disinfecting (attached) before, during, and after
- Have pre-packaged bags on a table for guests to pick up to respect social distancing
- Limit the number of guests at a time

### **Thrift shops**

- If you are sick or in any of the high-risk categories, please stay home
- Post signs outlining steps to protect yourself (samples attached)
- Use gloves to receive and handle new donations
- Have handwashing stations available for workers/volunteers and for guests.
- Post signs reminding people to wash their hands and the proper hand washing technique (posters from Hawaii Department of Health and CDC are attached).
- If hand washing stations are not possible, have hand sanitizers available.
- Wash hands immediately after removing gloves
- Respectfully decline donations of stuffed animals or other items that may be difficult to disinfect
- Clean and disinfect new donations per CDC guidelines for surfaces and clothing, towels, linens and other items that go in the laundry (attached)



# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



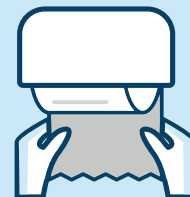
**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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# Handwashing and Hand Sanitizer Use

## at Home, at Play, and Out and About



Germ is everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

### When should I use?

#### Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

#### Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

\* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## How should I use?

### Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



### Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

**Note:** Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).

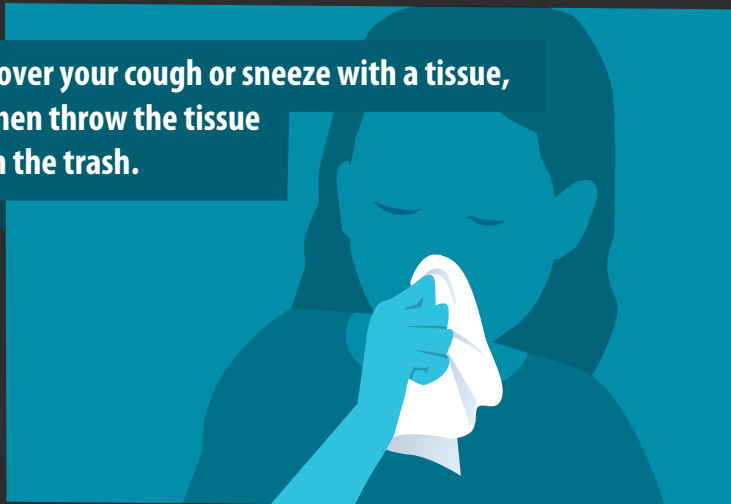
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.







# STAY HOME IF YOU'RE SICK

If you're sick, stay home, rest, and remember to:



Cover your coughs and sneezes with a tissue or your sleeve.



Wash your hands often with soap and water.



Clean frequently touched surfaces and objects (for example, TV remotes and computers).



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For more information: [www.cdc.gov/npi](http://www.cdc.gov/npi) | 1-800-CDC-INFO (232-4636) | [www.cdc.gov/info](http://www.cdc.gov/info)



DO YOUR PART

# SLOW THE SPREAD OF GERMS



**Cover your coughs  
and sneezes**



**Stay home when  
you're sick**



**Wash your  
hands often**



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