

# COVID-19

## Tip of the Day

### What do I need to know about washing my hands effectively?

*Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.*

- *If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry*
- *Always wash hands with soap and water if they are visibly dirty*
- *The CDC's handwashing website has detailed instructions and a video about effective handwashing procedures*



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<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center#general>