

### **A Note from Denise Hirl, Director of Discipleship on Handwashing**

As a common sense response to the current public health concern, we want to remind you that washing your hands frequently with plain soap and water is the best way to prevent transmission of all viruses. To effectively wash your hands, lather with soap and water and scrub all parts of your hands (tops, palms, between fingers and up to your wrists) for 20 seconds (the time it takes to say a Hail Mary). Then rinse your hands thoroughly under running water and dry them with paper towels. If you do not have soap and water available, the second best way to prevent transmission is to properly use hand sanitizer. To do so, squirt approximately a teaspoon (about the size of a quarter) of alcohol-based hand sanitizer in your palm. Wet both sides of your hands and fingers. Wait 20 seconds, then rub to let dry.