

WASH HIGH ATHLETICS



Hand Washing Policy

HAND WASHING IS THE SINGLE MOST IMPORTANT BEHAVIOR IN PREVENTING INFECTIOUS DISEASE AND COVID – 19

Follow Five Steps to Wash Your Hands the Right Way

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Wash your hands as described Above:

1. When arriving and before starting any activity.
2. After sneezing, blowing, or touching your nose.
3. Before and after close contact or using the toilet.
4. When activity is finished and before leaving the athletic area.