



Mutual Aid Initiatives to Combat the Coronavirus: <https://itsgoingdown.org/c19-mutual-aid/>

Mutual Aid Projects Networking Site: <https://chat.itsgoingdown.org>

Care for Your Coronavirus Anxiety Toolkit: <https://www.virusanxiety.com/>

World Health Organization (WHO) info on Coronavirus Pandemic:
<https://www.who.int/health-topics/coronavirus>

US Centers for Disease Control (CDC) info on Coronavirus/COVID19:
<https://www.cdc.gov/coronavirus>

UNICEF Guidelines on COVID19: <https://www.unicef.org/coronavirus/covid-19>

Coronavirus: What Kids Can Do: <https://kidshealth.org/en/kids/coronavirus-kids.html>

US Centers for Disease Control Handwashing toolkits: <https://www.cdc.gov/handwashing/>

Global Handwashing Partnership: <https://globalhandwashing.org/topic/coronavirus/>

Library of Congress Everyday Mysteries on Sneezing and Blessings:
<https://www.loc.gov/everyday-mysteries/item/does-your-heart-stop-when-you-sneeze/>

RZH

<https://rhizomehouse.org/>



So, what do we mean by “Hands, please”?



→ Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. *Especially when it comes to caring for and supporting one another, and protecting the most vulnerable among us, hand hygiene is essential.* During a global pandemic, one of the cheapest and easiest ways to prevent the spread of a virus is frequent handwashing. Holding one another accountable is key to making that work.

→ Here’s how it works: A cough or sneeze causes the spray of small virus-containing liquid droplets from the nose or mouth. Respiratory viruses like coronavirus (COVID-19) spread when mucus or droplets containing the virus get into your

body through your eyes, nose or throat. Hands touch many surfaces and are one of the most common ways that the virus spreads from one person to the next. The World Health Organization’s 1st recommendation to protect yourself from COVID-19 is to regularly and thoroughly clean your hands with alcohol-based hand rub or soap and water.

→ **“Hands, please!” is a simple, polite, verbal reminder to help support those around us in cleaning their hands.** This phrase is common among healthcare workers and serves as a nice simple reminder that personal responsibility leads to collective safety. If you see a family member, friend, neighbor, or coworker cough or sneeze, **speak up, offer them some hand sanitizer, and cheerfully utter, “Hands, please!” just as you might have said, “Bless you!”** prior to the onset of global pandemic. Science tells us that evil spirits aren’t actually escaping with a sneeze, but collective action and new etiquette around hand hygiene might be just the thing to contain the spread of those pernicious respiratory droplets.

Be kind, gently remind: hands, please!

DIY Hand Sanitizer and Cleansing Wipes

Make sure equipment used is properly sanitized and let concoctions sit for 72 hours before use

Hand Sanitizer Gel

Equipment:

- Plastic, glass or stainless steel container 2 cups in capacity or larger with pour spout
- Funnel, plastic or stainless steel
- Smaller plastic or glass bottles for distribution

Ingredients:

- 1 cup of 91% isopropyl alcohol
- ½ cup of aloe vera gel (natural or store-bought) *or* vegetable glycerin (in case of aloe allergy)
- 15 drops of tea tree oil or another antibacterial essential oil

Instructions:

- 1) Pour rubbing alcohol, aloe or glycerin and tea tree oil into mixing container
- 2) Shake thoroughly
- 3) Spray or swish some leftover alcohol into distribution containers to disinfect
- 4) Using funnel, pour mixture into bottles for distribution

Make sure to keep mixing container and distribution bottles closed and air-tight as much as possible to prevent evaporation

Disinfectant Wipes

Equipment:

- Mixing bowl
- Knife (sharp enough to cut through paper towel roll)
- Plastic freezer bags or container for storage
- Roll of paper towels

Ingredients:

- 2 cups of warm water
- 1 cup rubbing alcohol of at least 70% alcohol concentration.
- 1 tablespoon of dish soap

Instructions:

- 1) Cut paper towel roll in half and remove cardboard core
- 2) Mix water, alcohol and soap in mixing container
- 3) Place paper towels in mixing container and allow to soak
- 4) Remove paper towels and place in storage container/bag

Recipes adapted from WHO Guide to Local Production Handrub Formulas. Your mix must be at least 60% alcohol to be effective. Remember: nothing beats washing your hands with good, old-fashioned soap and water.

Songs to sing while washing hands for *at least* 20 seconds
(that aren't The Birthday Song, Twice)

I Will Survive

By Gloria Gaynor

Did you think I'd crumble/ Did you think I'd lay down and die? / Oh no, not I, I will survive / Oh, as long as I know how to love, I know I'll stay alive / I've got all my life to live / And I've got all my love to give and I'll survive / I will survive, hey, hey

Truth Hurts by Lizzo

Why men great 'til they gotta be great? / Don't text me, tell it straight to my face / Best friend sat me down in the salon chair / Shampoo press, get you out of my hair / Fresh photos with the bomb lighting / New man on the Minnesota Vikings / Truth hurts, needed something more exciting / Bom bom bi dom bi dum bum bay

Seasons of Love

from Rent

How do you measure, measure a year? / In daylights, in sunsets / In midnights, in cups of coffee / In inches, in miles, in laughter, in strife / In five hundred twenty-five thousand / Six hundred minutes / How do you measure, a year in the life?

Because, lets be real, **these are probably stuck in your head anyways.** Now you can learn the actual words! Other excellent earworms to sing or hum include the choruses from:

- "Somewhere over The Rainbow "
- Prince's "Raspberry Beret"
- "Stayin' Alive" by the BeeGees
- "Karma Chameleon" by Culture Club
- "Love Shack" by the B-52's
- "Another One Bites the Dust" by Queen (take that, pathogens!)
- "My Shot" from Hamilton
- "Love on Top" by Beyoncé
- "Jolene" by Dolly Parton
- "If I Could Turn Back Time" by Cher
- "The Imperial March" from Star Wars

Songs for Kids About Handwashing

Wash, Wash, Wash Your Hands (Row Your Boat)

Wash, wash, wash your hands / While you sing this song / Rub and scrub, rub and scrub / The germs swirl down the drain / Scrub, scrub, scrub your hands / While you sing this song / Rub and scrub, rub and scrub / The germs swirl down the drain

Twinkle, Twinkle Little Star

Twinkle, twinkle little star / Look how clean my two hands are / With soap and water, wash and scrub / Got those germs off, rub-a-dub-dub / Twinkle, twinkle little star / Look how clean my two hands are

If They're Dirty and You Know It (If You're Happy and You Know It)

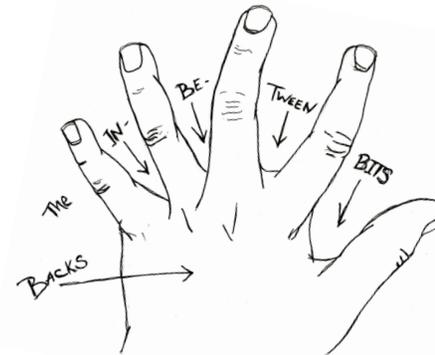
If they're dirty and you know it / Wash your hands! / If they're dirty and you know it / Wash your hands! / If they're dirty and you know it / Then your hands will surely show it / If they're dirty and you know it / Wash your hands!

There are 5 Planes to the Hand



Palm Sides, Back Sides, Side-Sides, In-Betweens, and Tops/Tips

All hand surfaces (and wrists!) need to be thoroughly washed for hand hygiene to be effective



Q) When should I wash/sanitize my hands in the COVID19/ Coronavirus world?

A) Lots. Especially after coughing, snotting, nose-blowing, or sneezing.

- When your hands are visibly dirty
- After visiting a public space, including public transportation, markets & places of worship
- After touching surfaces outside of the home, including money, doorknobs, etc.
- When food is involved: wash hands before, during, & after preparing, serving, & eating food
- Before & after caring for a sick person or treating a wound
- After using the bathroom, changing diapers, or helping children to use the toilet
- Before & after sexual activities



Hand Hygiene Motivational Factoids

and some notes about controlling the spread of illness

From the U.S. Centers for Disease Control and Prevention:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

When and How to Use Hand Sanitizer

Hand sanitizers may not be as effective when hands are visibly dirty or greasy, and are *not* as effective as washing your hands. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Hand sanitizer that is at least 60% alcohol *will* kill the germs that cause COVID-19 but sanitizers *do not* get rid of all types of germs. Apply product to the palm of the hand and rub sanitizer over all surfaces of the hand until the hands are dry.

- Wear a mask if you are coughing or sneezing.
- If you are healthy, you only need to wear a mask if you are taking care of a person with suspected COVID-19.

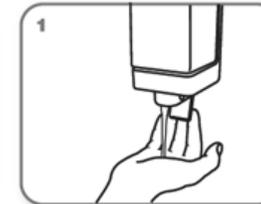
Wearing gloves and masks do not replace the need for hand hygiene!

Handwashing How-To

Pro Tip Go through the same motions with hand sanitizer, rubbing for at least 20 seconds, until liquid is evaporated



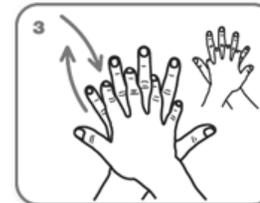
Wet hands with water



Apply enough soap to cover all hand surfaces.



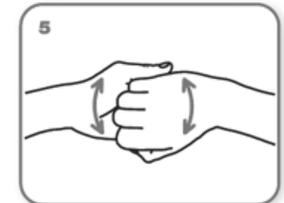
Rub hands palm to palm



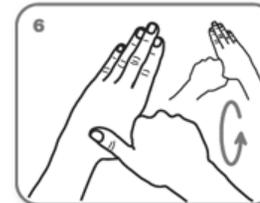
right palm over left dorsum with interlaced fingers and vice versa



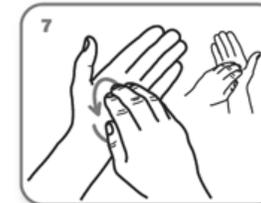
palm to palm with fingers interlaced



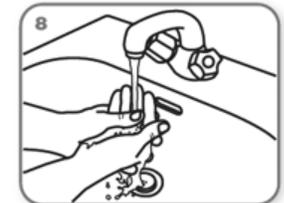
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



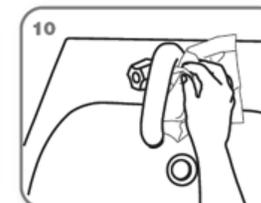
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



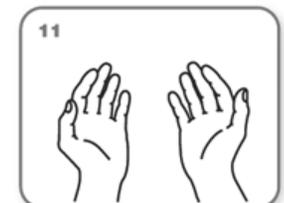
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.