Safety in a COVID-19 Environment

At Keep America Beautiful®, the Safety of our volunteers, Affiliate Network, and community partners comes first. By washing our hands, creating facemasks we can wear, and removing gloves correctly, each and every one of us can do our part to keep our communities safe.

Handwashing Guide

Keeping your hands clean through improved hand hygiene is one of the most important steps we can take to remove bacteria, viruses, dirt, and avoid getting sick and spreading germs to others. Below is a step-by-step guide which shows how to wash your hands.

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

2. **Lather** your hands by rubbing them together with 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.

How to Remove Gloves

Wearing gloves can give a false sense of security. Remember that while wearing gloves, anything you touch with your gloved hands, e.g. phone, wallet, purse, face, becomes exposed to contaminants that may have been on your hands. According to the CDC, people who are caring for someone infected with COVID-19 should wear disposable gloves when cleaning surfaces, washing dishes, and doing laundry for the infected person. It is important that gloves be removed properly and disposed of in a secure waste receptacle in order to stop the possible spread of COVID-19. Below are some recommendations for how to properly remove your gloves.

1. Grasp the outside of one glove at the wrist. Do not touch your bare skin.

2. Peel the glove away from your body, pulling it inside out.

3. Hold the glove you just removed in your gloved hand.

4. Peel off the second glove by putting your fingers inside the glove at the top of your wrist.

5. Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.

6. Dispose of the gloves safely. Do not reuse the gloves.

7. Clean your hands immediately after removing gloves.

Face Masks

The CDC recommends wearing cloth face coverings in public settings — such as grocery stores and pharmacies — where other physical distancing measures are difficult to maintain. Cloth face masks can prevent the transmission of coronavirus from people who are showing symptoms and from those who have the virus and don't know it. Surgical masks or N-95 respirators should be reserved for frontline workers and simple cloth face coverings can be made at home. Below are some recommendations for how to make your own cloth face mask.
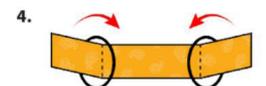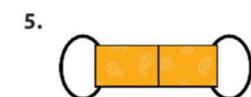
1. Fold bandana in half.

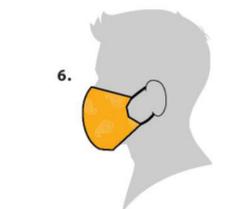2. Fold top down. Fold bottom down.

3. Place rubber bands or hair ties about 6 inches apart.

4. Fold side to the middle and tuck.

5.

6.

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