

# Washing Hands with Shared Wash Pans

Handwashing is the best way to prevent the spread of germs. Wash hands often, especially after returning from outside, after using the bathroom, before eating, and after sneezing or coughing. Follow the steps below to clean and disinfect hands with soap and water followed by bleach solution when running water or hand sanitizer are limited or unavailable.



1

Before starting, put on disposable/rubber gloves to protect the skin while preparing the bleach solution. Consider wearing an apron to protect clothing from getting bleached, or change into clothes you don't mind getting bleach on.



2

For a mild solution appropriate for handwashing: Mix **2.5 tablespoons of liquid bleach per 1 gallon of water** or **12.5 tablespoons of liquid bleach to 5 gallons of water**.

**Note: Only use water at room temperature. Mix in an area with open windows or a fan to avoid inhaling fumes.**



Wash

Rinse

3

Use two wash pans. In one pan, mix soap and water to clean hands. In a second pan, add bleach solution to rinse and disinfect hands. Make sure to dump out and replace both wash and rinse pans daily.



4

Dry hands with a clean towel, paper towel, or air dry.

**Never mix bleach with dish soap or other household cleaners. This can produce dangerous, toxic fumes. Keep bleach/bleach solution out of children's reach. For more information on handwashing or Coronavirus, visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).**



JOHNS HOPKINS  
CENTER FOR AMERICAN  
INDIAN HEALTH

This publication was supported by Cooperative Agreement U254IHS0001-01-00, funded by the Indian Health Service.

Effective May 6, 2020  
Sources: CDC, Alaska Native  
Tribal Health Consortium

# Cleaning and Disinfecting the Home with Bleach

Regularly cleaning and disinfecting the home is important to help prevent the spread of germs and illness. Clean and disinfect the entire home once per day, and clean high-use areas like the kitchen and bathroom twice or more during the day. Follow the steps below to clean and disinfect the home with bleach solution when there is limited or no running water.



1

Before starting, put on disposable/rubber gloves to protect the skin. Consider wearing an apron to protect clothing from getting bleached, or change into clothes you don't mind getting bleach on.



2

Wipe down frequently touched surfaces, such as countertops and tabletops, with soap and water before disinfecting with bleach.

**Note:** Use cleaning products in an area with open windows or a fan to avoid inhaling fumes.



3

For a strong household cleaning solution:

Mix 4 teaspoons of liquid bleach per 1 quart of water or 5 tablespoons (1/3 cup) of liquid bleach per 1 gallon of water.

**Note:** Only use room temperature water.



4

Wet a clean cloth with the cleaning solution, or pour cleaning solution into a spray bottle. Wipe down or spray objects and surfaces that are frequently touched including: doorknobs, light switches, countertops, tabletops, appliance handles, toilet handles, faucet handles, sinks, etc.

**Note:** Read instruction label on bleach product to make sure bleach is safe to use on your objects or surfaces.

**Note:** Cleaning solution should be thrown away and made again daily. Do not re-use cleaning solution from a previous day.



5

Let object or surface air dry to make sure it has been properly disinfected.

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