

Stop Germs! Wash your hands!

When?

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy. We will be washing our hands at camp:

- After using the bathroom
- Before and after each activity rotation
- After blowing our nose, coughing, or sneezing
- Before, during, and after preparing food
- Before and after eating food



How?



1. Wet your hands with clean running water (warm or cold) .



2. Apply soap and lather your hands by rubbing them together with the soap.



3. Scrub all surfaces of your hands, including between your fingers and under your nails.



4. Rinse your hands under clean water.



5. Dry your hands using a clean towel or air dry them.



Soap and water are available at each Gorham Recreation Summer Camp facility. Hand washing stations with soap and water will also be available when we are outdoors. If for some reason soap and water are not available, we will use an alcohol-based hand sanitizer and wash our hands with soap and water as soon as we can.