



Hand hygiene:

Guidance for religious organizations

Churches and other faith-based organizations should follow the guidance below which comes from the WHO and Africa CDC, but should also follow country-specific guidance.

- The COVID-19 virus primarily spreads through droplet and contact transmission. Contact transmission means by touching infected people and/or contaminated objects or surfaces. Thus, your hands can spread the virus to other surfaces and/or to your mouth, nose or eyes if you touch them.
 - Hand Hygiene is one of the most effective actions you can take to reduce the spread of pathogens and prevent infections, including the COVID-19 virus.
 - Hand washing or hand rubbing using a sanitizer should be encouraged before members enter congregation areas.
 - If possible, facilities should include handwashing stands or facilities upon entering and near toilets.
 - Community members should wash their hands:
 - After coughing or sneezing, even when you use the tissue paper
 - Anytime you come from outside and before touching anything in your home
 - Before eating, either at home or outside
 - After visiting the toilet or public places
 - After using the public transport
 - After looking after or touching a sick person
 - When your hands are visibly dirty
 - When you have touched dirty or contaminated surfaces
 - Hand washing should be done with soap and water for 40 to 60 seconds.
 - If soap and water are not available, hand-rub can be conducted for 20-30 seconds with hand sanitizer that has at least 60% alcohol and is certified.
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