



HAND WASHING | USING SOAP

The most effective weapon against COVID-19 is soap (for seats and dashboards, of course). It does not need to be antibacterial. Any household soap will do. Soap interacts with viruses in a similar way it does with oils: it breaks them down. The good news is that the virus has an oil-based enzyme that serves as its outer protective barrier that can be destroyed by common, everyday soap and warm water. So, a simple soap scrub will annihilate any viruses in your truck, and soap is unlikely to degrade your interior surfaces the way many cleaners can. Scrubbing your hands for 20 seconds applies here, too. You cannot just move some soap around and then rinse it off. Soap needs time to surround and break down the virus.



(a) Wet hands under running water



(b) Apply soap and rub palms together to ensure complete coverage



(c) Spread the lather over the backs of the hands



(d) Make sure the soap gets in between the fingers



(e) Grip the fingers on each hand



(f) Pay particular attention to the thumbs



(g) Press fingertips into the palm of each hand



(h) Dry thoroughly with a clean towel