

STAY INFORMED. HELP PREVENT THE SPREAD OF COVID-19

How to wash your hands

Source: World Health Organization



Wet hands with running water.



Apply enough soap to cover wet hands.



Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds.



Rinse thoroughly with running water.



Dry hands with a clean cloth or single-use towel.



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