

COVID-19 REDUCE THE SPREAD! Wash Your Hands the Right Way

DON'T SKIP A STEP WHEN WASHING YOUR HANDS

Keeping our hands clean is one of the most important things we can do to stop the spread of germs.



Wet hands thoroughly
(warm or cold water)



Apply soap
and lather up.



Scrub front, back, between
fingers for 20 seconds.

*Need 20 second
timer? Sing happy
birthday to
Penelope!*



Rinse hands well with
clean, running water.



Dry hands using clean
towel or air dry.