

Wash Your Hands

Reduce the Spread of COVID-19



1.

Wet hands
with warm
water



2.

Apply soap



3.

Wash hands
for at least
20 seconds



4.

Rinse well



5.

Dry hands
well with
paper towel



6.

Turn off tap
using paper
towel

Palm and back
of each hand



Between fingers



Under nails



Thumbs

