



COVID-19 RESOURCES

PROPER HAND WASHING

HAND WASHING THE RIGHT WAY



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Follow these five steps every time.

1. Wet your hands with clean, running water and apply soap.
2. Lather all surfaces of your hands including the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



USING HAND SANITIZER

Washing hands with soap and water is always the best way to get rid of germs in most situations. If soap and water are not available to you, you can use alcohol-based hand sanitizer that contains at least 60% alcohol.

WHY HAND WASHING IS IMPORTANT



Hand washing is always important from protecting you against illnesses. If you want to keep yourself protected from COVID-19 and other illnesses be sure to:

- Wash your hands after you have been in public or touched a surface that may be touched frequently by others.
- Wash your hands before touching your eyes, nose, or mouth. This prevents germs from entering your body.