



WASH YOUR HANDS!



You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs: before eating food; after using the toilet; and after blowing your nose, coughing, or sneezing.

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:

- **WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **LATHER** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **RINSE** your hands well under clean, running water.
- **DRY** your hands using a clean towel or air dry them.



WEAR



WASH



WATCH

STAY SAFE AND HEALTHY. YOU CAN HELP
PREVENT THE SPREAD OF COVID-19!