



Wash your hands

Reduce the spread of COVID-19

Hand washing

1. Wet hands with warm water
2. Apply soap
3. Wash hands for 20 seconds (palms, back of hands, in between fingers, thumbs, and under nails)
4. Rinse
5. Dry with a clean towel
6. Use a towel to turn off the tap

Reminders

-  Avoid touching your face, especially eyes, nose, and mouth
-  Cover your cough or sneeze, then wash your hands

