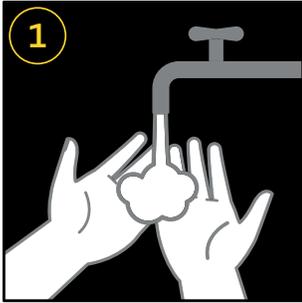
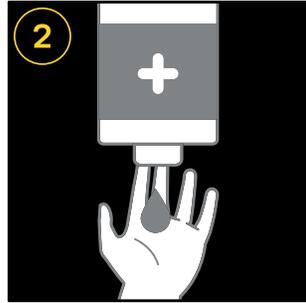


12 STEPS OF WASHING YOUR HANDS

Protect yourself and others against COVID-19 and other infections



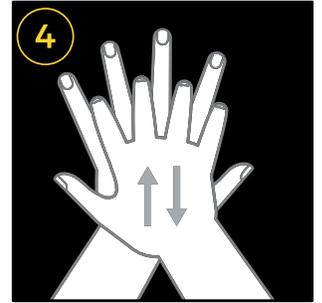
Wet hands with warm water.



Apply soap.



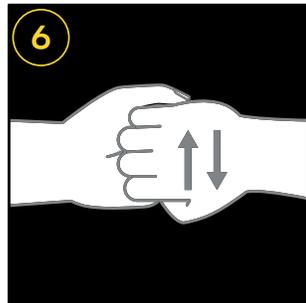
Rub your palms together.



Lather the back of your hands.



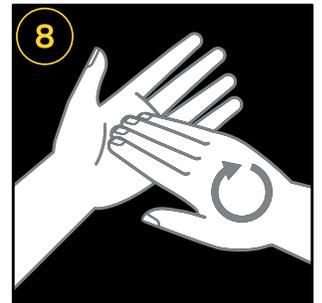
Scrub between your fingers.



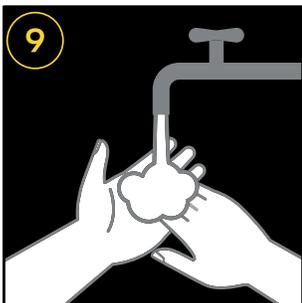
Rub the back of your fingers on the opposing palms.



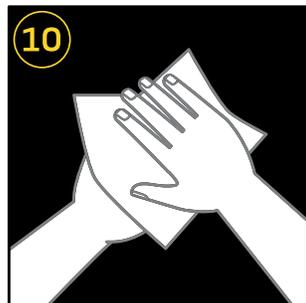
Clean thumbs.



Wash fingernails and fingertips.



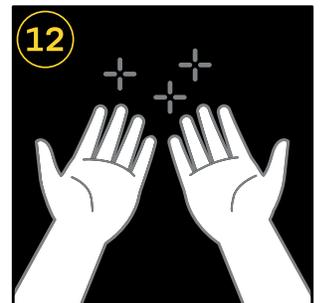
Rinse hands with warm water.



Dry with a single-use towel.



Use the towel to turn off the faucet.



Your hands are clean.

The 12 steps of washing your hands should take at least 20 seconds.

If soap and water are not available, use an alcohol-based hand sanitizer. Check the label to be sure the product contains at least 60% alcohol.