

# The Right Way to Wash Your Hands

Help prevent the spread of the COVID-19 virus.

1



Wet your hands.

2



Use bar or liquid soap to lather up.

3



Wash the front and back of hands and in between fingers too.

4



Wash for at least 20 seconds, just sing Happy Birthday twice.

5



Rinse in warm water

6



Dry hands with clean towel or air dryer.