

# Wash up

## Frequent handwashing helps prevent Covid-19

**1** WET HANDS WITH SOAP & WATER



**2** RUB HANDS FOR 20 SECONDS

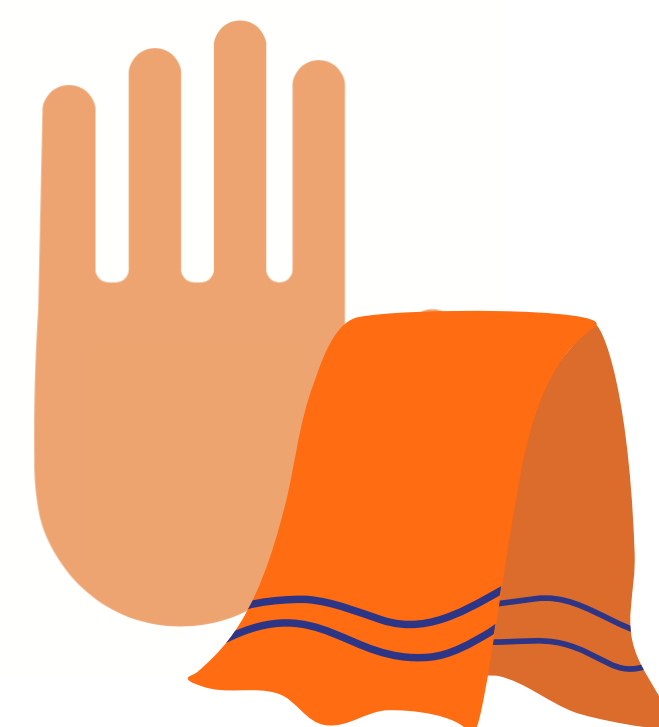


MAKE SURE TO GET UNDER NAILS & BETWEEN FINGERS

**3** RINSE UNDER WARM RUNNING WATER



**4** DRY HANDS USING YOUR OWN, CLEAN TOWEL



**5** YOUR HANDS ARE CLEAN; DISCARD TOWEL



### WHEN TO WASH YOUR HANDS:

- AFTER BEING IN A PUBLIC PLACE
- AFTER BLOWING YOUR NOSE, COUGHING, SNEEZING OR TOUCHING YOUR FACE
- BEFORE & AFTER EATING

IF SOAP AND WATER ARE NOT READILY AVAILABLE, USE A HAND SANITIZER THAT CONTAINS **AT LEAST 60%** ALCOHOL.