

STEPS TO WASH HANDS

Washing your hands is one of the best ways to prevent the spread of COVID-19. Make sure you're doing it right to protect yourself and the community.

STEP 1

Wet hands with water and get enough soap to cover hands

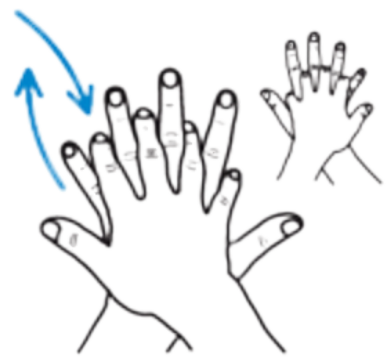
STEP 2

Rub hands palm to palm



STEP 3

Interlock fingers and scrub the top of your hands with your palms



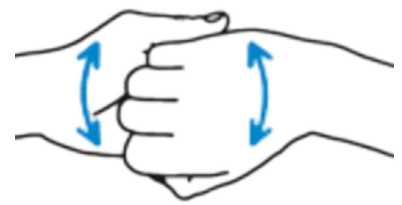
STEP 4

Interlock fingers again and scrub with your palms facing each other



STEP 5

Interlock fingers facing palms and twist to scrub



STEP 6

Hold on to thumb to and twist to scrub



STEP 7

Scrub palms using finger tips in a circular and up and down motion



STEP 8

Rinse hands under hot water then use paper towel used to dry hands to turn off the sink

TIPS

This process should take at least 20 seconds, sing Happy Birthday twice and you should be there