

STEPS TO

# WASH HANDS

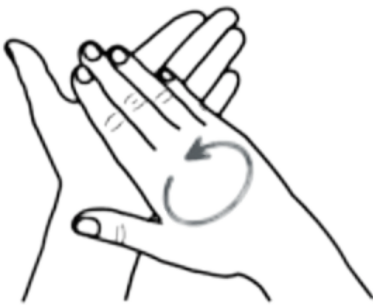
Washing your hands is one of the best ways to prevent the spread of COVID-19. Make sure you're doing it right to protect yourself and the community.

## STEP 1

Wet hands with water and get enough soap to cover hands

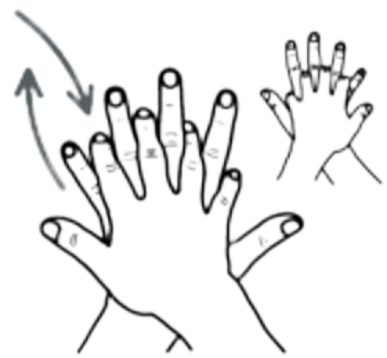
## STEP 2

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

Washing your hands should take at least 20 seconds, sing Happy Birthday twice and you should be there