



## COVID-19:

## HAND WASHING BEST PRACTICES

- 1** Wet your hands with clean, running water (warm or cold).  
Turn off the tap and apply soap.
- 2** Lather your hands by rubbing them together with the soap.  
Be sure to lather the backs of your hands, between your fingers and under your nails.
- 3** Scrub your hands for at least 20 seconds.  
Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- 4** Rinse hands well under clean, running water.
- 5** Dry hands using a clean towel or air drying them.

