

# WASH YOUR HANDS

Help stop the spread of viruses



## WET

with water  
and use soap



## LATHER

from fingertips  
to wrists



## SCRUB

for at least  
20 seconds



## RINSE

hands under  
running water



## DRY

using a clean cloth  
or paper towel



## TIP

turn tap off or  
open doors with  
paper towel