PROTECT YOURSELF AND OTHERS
BY WASHING YOUR HANDS CORRECTLY FOR 20 SECONDS*

1. WET HANDS
2. APPLY SOAP
3. RUB HANDS PALM TO PALM
4. LATHER THE BACKS OF YOUR HANDS
5. SCRUB BETWEEN YOUR FINGERS
6. RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS
7. CLEAN THUMBS
8. WASH FINGERNAILS AND FINGERTIPS
9. RINSE HANDS
10. DRY WITH A SINGLE USE TOWEL
11. USE THE TOWEL TO TURN OFF THE FAUCET
12. YOUR HANDS ARE CLEAN

*HUM THE "HAPPY BIRTHDAY" SONG TWICE OR SING THE CHORUS OF THESE SONGS BY DECADE:
PROTECT YOURSELF AND OTHERS
BY WASHING YOUR HANDS CORRECTLY FOR 20 SECONDS*

1. WET HANDS
2. APPLY SOAP
3. RUB HANDS PALM TO PALM
4. LATHER THE BACKS OF YOUR HANDS
5. SCRUB BETWEEN YOUR FINGERS
6. RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS
7. CLEAN THUMBS
8. WASH FINGERNAILS AND FINGERTIPS
9. RINSE HANDS
10. DRY WITH A SINGLE USE TOWEL
11. USE THE TOWEL TO TURN OFF THE FAUCET
12. YOUR HANDS ARE CLEAN

*HUM THE “HAPPY BIRTHDAY” SONG TWICE OR SING THE CHORUS OF THESE SONGS BY DECADE:
PREVENTION
TIPS TO AVOID CONTAMINATION: CORONAVIRUS (COVID-19)

- Wash your hands regularly with soap/sanitizer for at least 20 seconds.
- Cover your nose and mouth with a tissue when sneezing or coughing. If no tissue, cough into your elbow.
- Stay at home when you are sick.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with anyone who is sick. Keep hydrated to flush your system.
- Keep objects and surfaces clean.