

# WASH YOUR HANDS WELL AND OFTEN

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands



**1. Wet your hands**



**2. Lather your fingers, palms and wrists with soap and scrub for at least 20 seconds**



**3. Rinse your hands well with clean, running water and then dry your hands**

Even if your hands are not visibly dirty, frequently clean them by using an alcohol-based hand rub or soap and water.

**GOOD HAND HYGIENE IS HIGHLY RECOMMENDED TO PROTECT YOURSELF AND OTHERS FROM COVID-19**