

Let's work together to stay safe!

Always keep your hands clean



1

Wet your hands with clean water (warm or cold).



2

Apply soap and rub your hands together.



3

Rub together **for at least 20 seconds**. Make sure to scrub the backs of your hands, between your fingers, and under your nails.



4

Rinse your hands well under clean water.



5

Dry your hands with a clean towel or air dry them.