

✝ Handwashing 101

Proper hygiene stops the spread of Covid-19.

WET

Wet your hands before applying



LATHER

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



SCRUB

Wash your hands for at least 20 seconds or as long as it takes you to say The Lord's Prayer. Rinse your hands completely.



DRY

Wipe your hands with a clean paper towel. Use the same towel to turn off the faucet and to open the bathroom door.



Source: World Health Organization