Coronavirus (COVID-19)

## GOOD HYGIENE IS IN YOUR HANDS.

Hands are the main pathways of germ transmission. Wash your hands for at least 30 seconds with soap and water and stop the spread of germs and bacteria.

WASH YOUR HANDS. STOP THE SPREAD. STAY HEALTHY.





WET HANDS



APPLY SOAP



PALM TO PALM



PALM OVER DORSUM



FINGERS INTERLACED



**BACKS OF FINGERS** 



THUMBS



**FINGERNAILS** 



RINSE HANDS



USE PAPER TOWEL



USE TOWEL TO TURN OFF FAUCET



YOUR HANDS ARE SAFE



