

Don't Forget to Wash Your Hands!

Handwashing is more important than ever right now because it helps stop the coronavirus from spreading.

Here's how to do it right!

- 1. Wet** your hands.
- 2. Get soap** and rub your hands together.
- 3. Scrub for 20 seconds.** Be sure to lather the **backs of your hands**, between your **fingers**, and under your **nails**.
- 4. Rinse** well.
- 5. Dry hands** with a paper towel.



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