

# Washing your hands

Together we can stop the spread of COVID-19

## WASH YOUR HANDS OFTEN

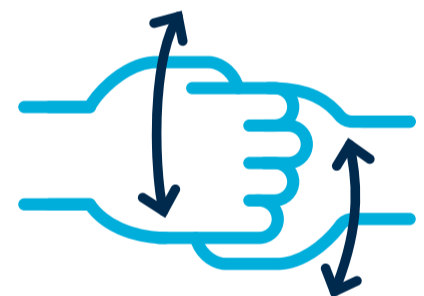


Wet hands



Add soap

3



Rub soap all over hands for at least 20 seconds



Rinse off soap



Dry hands using a clean paper towel