

Let's work together to stay safe!

# Always keep your hands clean



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



Apply soap and rub your hands together.



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



Rinse your hands well under clean water.



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