

COVID-19 Coronavirus: **PROTECT YOURSELF AND OTHERS**

Wash your hands thoroughly.

1 Wet Hands
with running water.

2 Soap Up Hands
front, back, wrists,
between the fingers, and
under the nails!

3 Scrub Hands
for 20 seconds.
(sing "Happy Birthday" twice.)

4 Rinse Hands Well
Get all that soap off!

5 Dry Hands
Use a clean towel
or air-dry.