



HANDWASHING HYGIENE

The best way to protect yourself from germs and viruses is by washing your hands for at least 20 seconds.

How to Wash Your Hands



1 Use Soap



2 Palm to palm



3 Back to hands



4 Between fingers



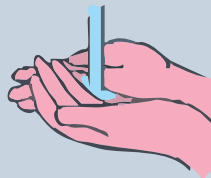
5 Base of thumbs



6 Fingernails



7 Wrists



8 Rinse hands



9 Dry hands

LEARN MORE: <https://www.cdc.gov/clean-hands/about/index.html>