



# Help stop the spread of COVID-19



Wet hands.



Apply soap.  
Lather for 15 seconds.



Rub between fingers, back  
of hands, under nails.



Rinse well under  
running water.



Dry hands well  
with paper towel.



Turn taps off with paper  
towel, if available.

Always practice proper personal hygiene and cough etiquette.