

How to properly wash and clean your hands



According to the CDC, keeping your hands clean is one of the best ways you can avoid getting sick and spreading germs and viruses to others. Help limit the spread of COVID-19 and keep your family and friends safe by following these guidelines.

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth with unwashed hands.



When to wash your hands

Wash your hands BEFORE

- Preparing food
- Eating
- Touching your face (including your eyes and mouth)

Wash your hands AFTER

- Using the restroom
- Leaving a public place
- Blowing your nose, coughing or sneezing
- Handling your mask
- Changing a diaper
- Caring for someone sick
- Touching animals or pets



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