VIRUS PREVENTION

WASH YOUR HANDS

*The CDC maintains proper hand washing is the best defense against **COVID-19** and other viruses. Use the following hand washing technique to help protect yourself.*

1. Wet your hands with clean, running water and apply soap.

2. Lather soap on the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds— the time it takes to sing the "Happy Birthday" song twice!

4. Rinse hands well under clean, running water and dry them using a clean towel or let them air dry.

5. Use the paper towel to turn off the faucet and open the door on your way out.

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