

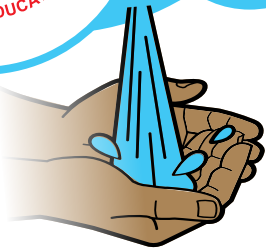
# COVID-19 PREVENTATIVE MEASURES

# Clean Your Hands Often

Washing your hands is one of the most effective ways to prevent the spread of **COVID-19**

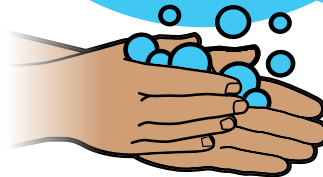


1



**Wet your hands with clean, running water**

2



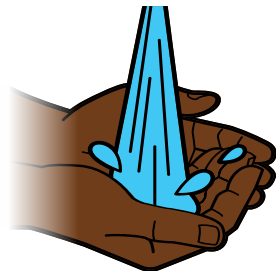
**Apply soap**

3



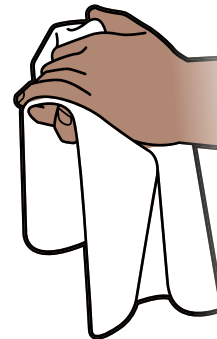
**Lather and scrub hands for at least 20 seconds**

4



**Rinse your hands well under clean, running water**

5



**Dry your hands using a clean towel**

## WHEN TO WASH HANDS:

- Arriving and leaving home or school
- After playing outside
- After having close contact with others
- After using shared surfaces or items
- Before and after using restroom
- After blowing nose, coughing, and sneezing
- Before and after eating and preparing foods

## HAND SANITIZER

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

