

How to clean your hands

Tips sourced from the CDC



1

Wet your hands with clean, running water and lather up with soap.



2

Be sure to clean all surfaces of your hands. Rub your hands palm to palm.



3

Clean the back of your hands,



4

between your fingers,



5

and under your nails. Scrub for at least 20 seconds and then rinse.



6

Dry your hands with a clean towel, or air dry.

If you're using hand sanitizer - follow the same steps to clean all surfaces of your hands regularly throughout the day. Keep rubbing until the gel has dried, about 40 seconds.

Thank you for helping keep your community and yourself safe.