



**wet hands**  
with warm  
water



apply **soap**



for at least **20 seconds**, make  
sure to wash:



**rinse** well



dry hands well  
with **paper towel**



turn off taps  
using **paper towel**



**palm and back**  
of each hand



**between**  
fingers



**under**  
nails



**thumbs**

Reduce the  
spread of viruses.

**Wash your hands.**