

Be committed. Be well.

HAND WASHING

WASH YOUR
HANDS AFTER:



BEING IN A
PUBLIC SPACE



BLOWING
YOUR NOSE



SNEEZING
OR COUGHING

WASH FOR
20 SECONDS
WITH SOAP
AND WATER:



LATHER HANDS
WITH SOAP OF
ANY KIND



LATHER THE
BACKS OF
YOUR HANDS



LATHER UNDER
NAILS & IN
BETWEEN FINGERS

NO SOAP
AND WATER?



USE HAND
SANITIZER WITH
60% ALCOHOL



COVER ALL
SURFACES OF
YOUR HANDS



RUB UNTIL
YOUR HANDS
ARE DRY