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

#weareinthistogether
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