

# Wash Your Hands!

Wash your hands with soap and water for  
**20 Seconds**

## Preventative Tips

1. Wash your hands often.
2. Avoid contact with people who are sick.
3. Cover your mouth and nose when you cough with a tissue, wash your hands or use hand sanitizer.
4. Eat healthy, drink plenty of fluids, and get plenty of rest.
5. Avoid touching your eyes, nose or mouth.
6. Clean and disinfect frequently touched surfaces such as door knobs, railings, counters, etc.
7. If you are sick, stay home while you are recovering, avoid work, family gatherings and social events.

*Information from DHHS & CDC*



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**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



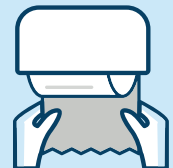
**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



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



**Dry** hands using a clean towel or air dry them.



*Information from DHHS & CDC*