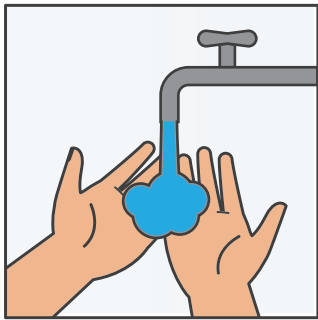


Proper Handwashing Techniques to Protect Yourself From COVID-19

CDC advises washing your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

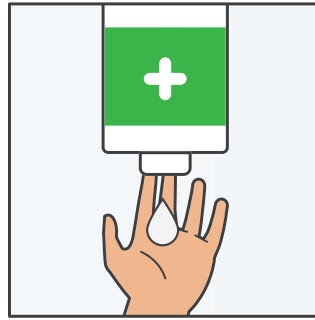


Wash your hands properly for as long as singing "Happy Birthday" twice.



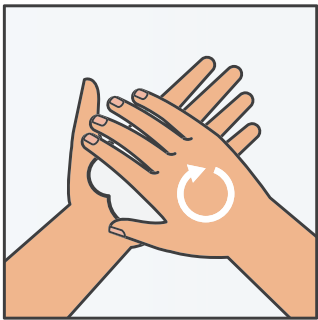
01

Wet your hands with water.



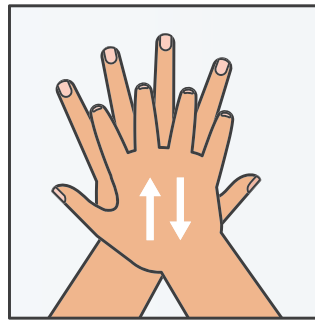
02

Apply soap to all hand surfaces.



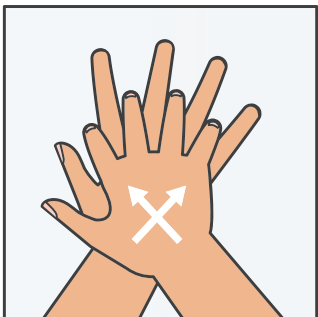
03

Rub your palms against each other.



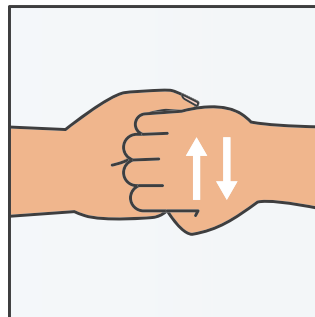
04

Rub your palms over the back of each hand with fingers interlaced.



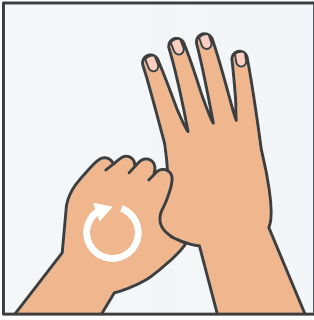
05

Rub your palms with fingers interlaced.



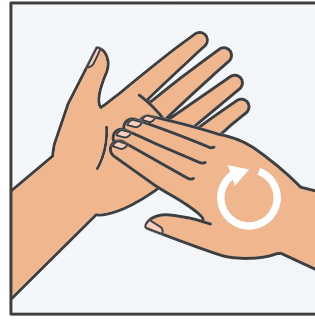
06

Rub the backs of your fingers against your opposing palms with fingers interlaced.



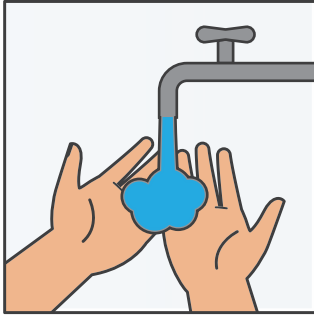
07

In a rotating motion, rub your thumbs with your clasped palms.



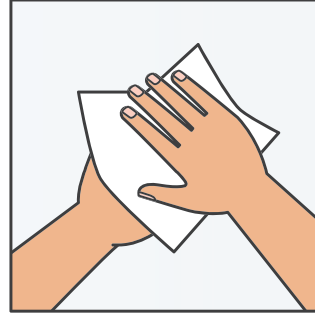
08

In a rotating motion, rub your palms with your clasped fingers.



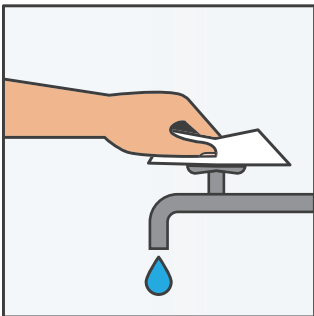
09

Rinse your hands thoroughly with water.



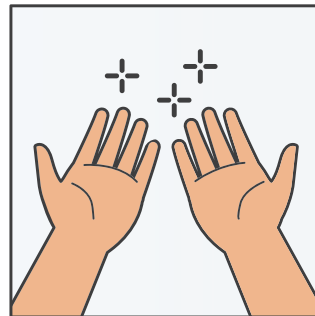
10

Dry your hands thoroughly with a single-use towel.



11

Use the towel to turn off the faucet.



12

Your hands are now clean and safe.

Source: World Health Organization

How does handwashing help?

When an infected person coughs or sneezes, they release droplets of saliva or mucus. These droplets can be directly inhaled or be stuck on your hands, and then transferred when you touch your face—causing infection. Washing with soap eliminates the droplets from your hands.

Viruses can also be spread through droplets falling on surfaces such as railings, seats, or desks. Remember to wash your hands after touching any surface that other people may have touched. If you haven't washed your hands, avoid touching your face.

If you don't have immediate access to water and soap, use a hand sanitizer that contains at least 60% alcohol. Cover all the surfaces of your hands and rub them together until they feel dry.