



# KICKING COVID-19

1 Wet your hands with warm or cold water. Hot water is not required. The soap - and your cleaning action - will get rid of the germs. Use enough soap to cover the surface of both hands.

2 Rub your hands together for at least 20 seconds to work up a good lather. Scrub the back of your hands, and wash between your fingers, fingertips and under your nails.

3 Rinse your hands to get off all the soap residue, and avoid touching the sides of the sink or faucet. Keep your hands pointing down so dirty water doesn't run into your sleeves.

4 Dry your hands thoroughly, and don't wipe them on your clothes - that puts bacteria and viruses back on your hands.

Dry hands don't spread as many germs as wet ones.