CLEAN AWAY COVID
with **clean hands.**

Wash your hands
thoroughly and often.

Keep your family clean and safe.

Washing your hands regularly is one of the best and easiest things you and your family members can do to keep germs from spreading from one person to another. Wash your hands thoroughly with soap and water for 20 seconds before eating or preparing food. Before touching your face. After coughing, sneezing or blowing your nose. After contact with a sick family member. After using the toilet, helping a child use the toilet, or changing a diaper. And after touching animals or pets.

SPREAD THE WORD. NOT THE VIRUS.

Learn more at CleanAwayCOVID.org.

WASH YOUR HANDS IN FIVE EASY STEPS

1. WET your hands with clean, running water.	2. LATHER by rubbing your hands together with soap.	3. SCRUB your hands for at least 20 seconds.	4. RINSE your hands under clean, running water.	5. DRY your hands using a clean towel.
You can use cold or warm water. Then turn off the tap and apply the soap.	Lather the backs of your hands, between your fingers, and under your nails.	For an easy timer, hum "Happy Birthday" from beginning to end twice.	Make sure to rinse away all the soap from your hands.	You can air dry your hands if a clean towel is not available.

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Advancing Health Through Leadership