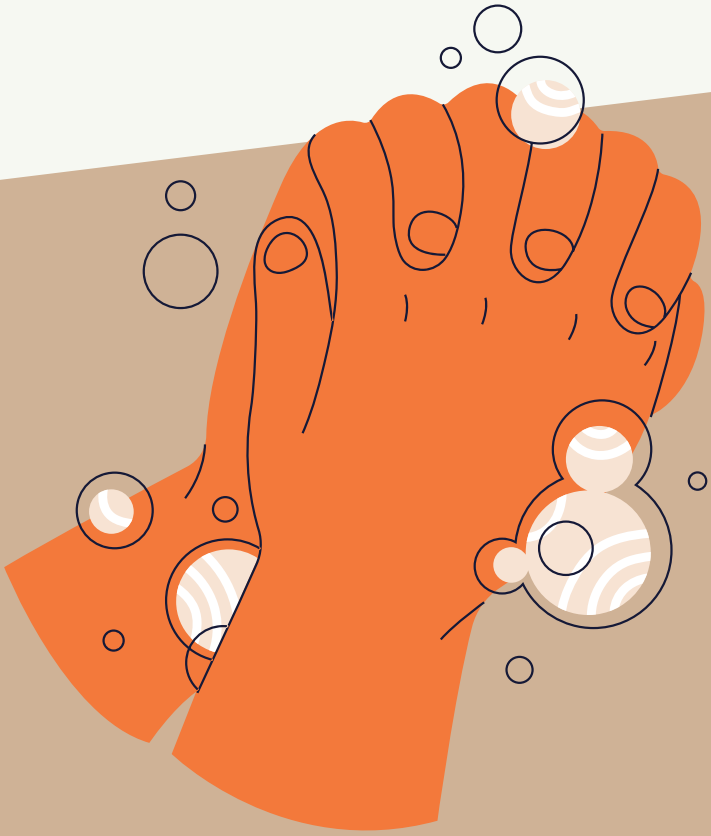


How to wash your hands



If you can wash your hands:

1. Wet your hands with warm water and completely lather with soap.
2. Wash hands under the warm water for at least 20 seconds.
3. Completely dry your hands with a paper towel.
4. If drying hands with disposable paper towel, use that towel to turn off faucet.

If you cannot wash your hands:

1. Rub hands with alcohol-based hand sanitizer, with at least 60% alcohol.*
2. Apply hand sanitizer whenever entering new surroundings to protect yourself from germs.

*Hand sanitizers with an alcohol concentration of 60% – 90% act as a "denaturing agent," inactivating the virus germs. These hand sanitizers are the most effective.



Source: Centers for Disease Control and Prevention