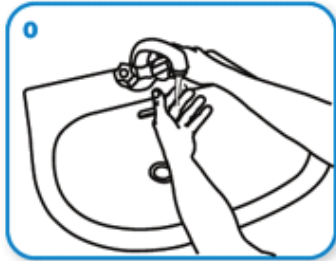


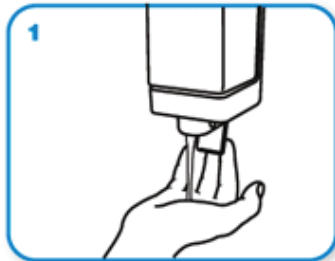
# Wash your hands often + avoid touching your face.

Make sure you wash your hands with soap and water for 20 seconds—the time it takes you to hum the Happy Birthday song twice.

**20 secs...**



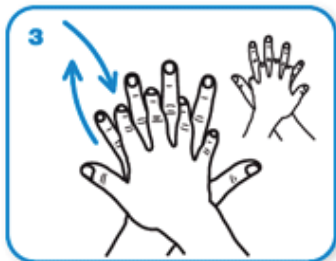
Wet hands with water



apply enough soap to cover all hand surfaces.



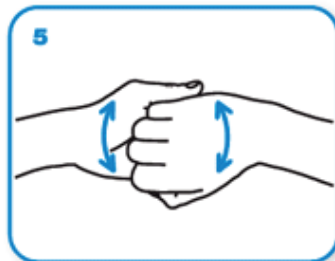
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



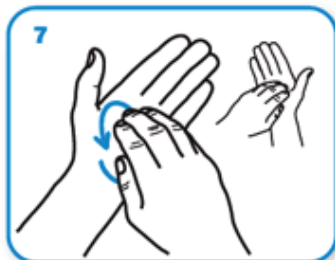
palm to palm with fingers interlaced



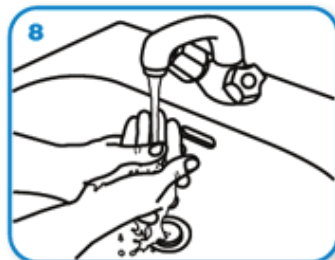
backs of fingers to opposing palms with fingers interlocked



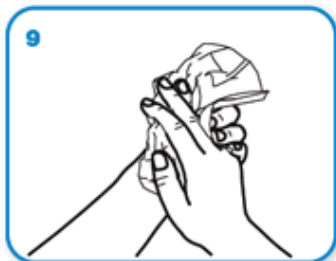
rotational rubbing of left thumb clasped in right palm and vice versa



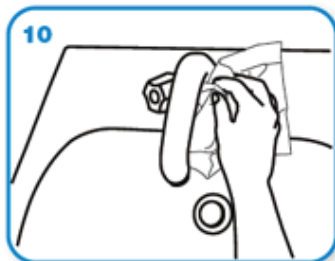
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



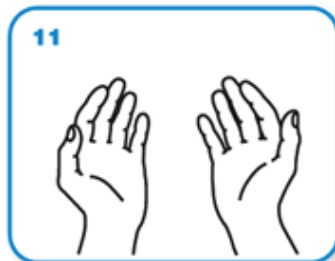
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



**...and your hands are safe.**

**UNTIL BEFORE EATING,  
AFTER USING THE RESTROOM,  
SNEEZING, COUGHING,  
BLOWING YOUR NOSE OR  
TOUCHING YOUR FACE...**

**...so wash your hands often**

**YOU SHOULD BE CONCERNED AND TAKE THIS SERIOUSLY. BUT YOU SHOULD NOT PANIC.**

SOURCES: <https://arstechnica.com/science/2020/03/dont-panic-the-comprehensive-ars-technica-guide-to-the-coronavirus/>  
[https://www.who.int/gpsc/clean\\_hands\\_protection/en](https://www.who.int/gpsc/clean_hands_protection/en)