

STOP COVID!

Wash Your Hands



WET your hands with clean, running water (warm or cold).



SCRUB and rub your hands together with soap.
Lather the back of your hands and between your fingers.



RINSE your hands well under clean, running water.



DRY your hands with a clean towel.

STOP COVID!

Wash Your Hands



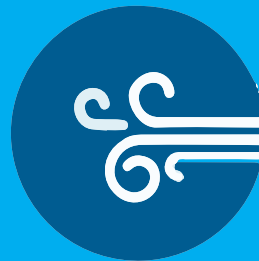
WET



LATHER AND
SCRUB FOR 20
SECONDS



RINSE



DRY

HANDS SPREAD GERMS

Nearly 80% of germs that cause illness are spread by your hands — by touching something or someone.



STOP COVID!

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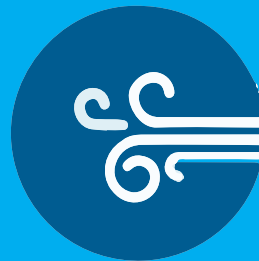
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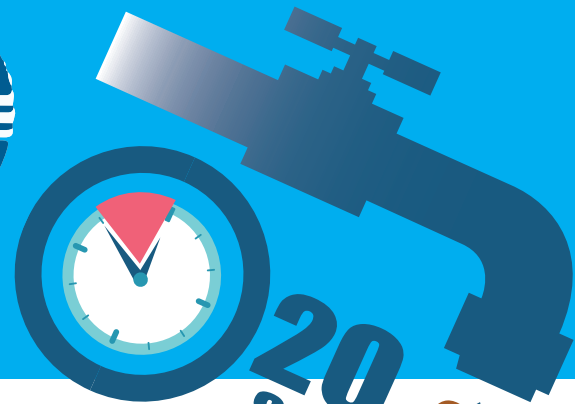
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**WASH YOUR
HANDS FOR
20 SECONDS**

How long is 20 seconds? The same time it takes you to tie your shoe.

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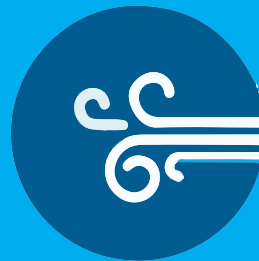
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**DON'T SKIP A
STEP: DRY HANDS
ARE MORE SAFE**

Damp hands spread 1,000 times
more germs than dry hands.

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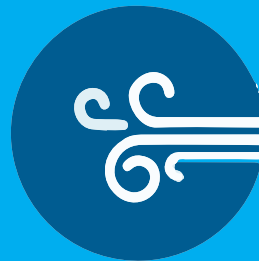
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**EVERY SNEEZE SHOOTS
GERMS INTO THE AIR
AT 100 MPH**

Cover your mouth with a tissue or your elbow when coughing or sneezing. Then wash your hands.



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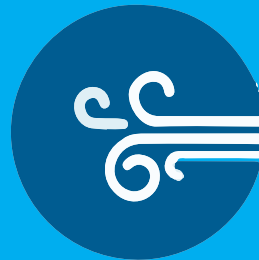
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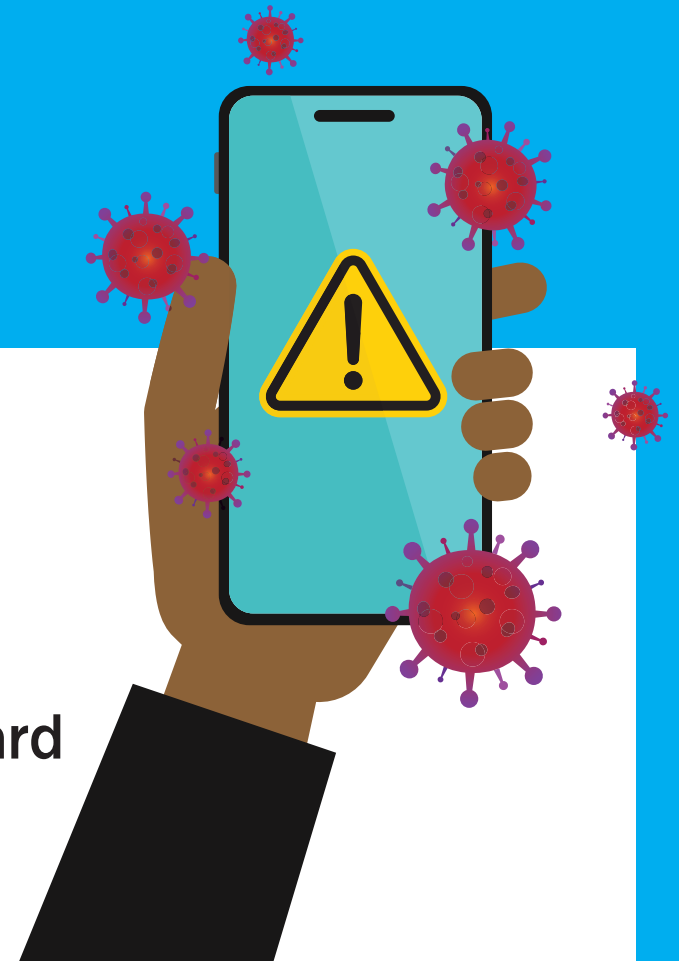
RINSE



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WASH YOUR HANDS 5 TIMES A DAY

There are more germs on your phone, keyboard
and cutting board than on a toilet seat.



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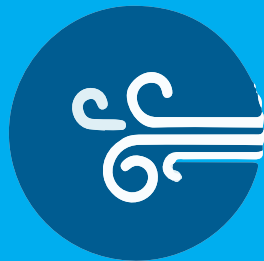
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**WASH YOUR HANDS
BEFORE TOUCHING
YOUR FACE**

COVID can enter your body through
your eyes, nose, and mouth.



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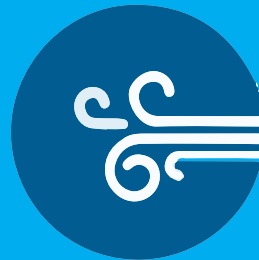
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DON'T GET CAUGHT DIRTY HANDED!

The buttons on one out of every three vending machines have harmful germs. Wash your hands before eating.



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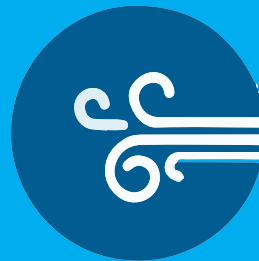
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BATHROOMS HAVE LOTS OF GERMS

There are over 77,000 unique germs
in a bathroom – wash your hands
when you are done.



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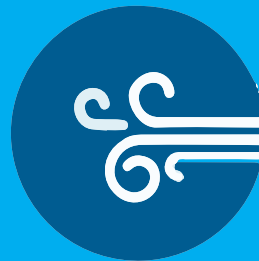
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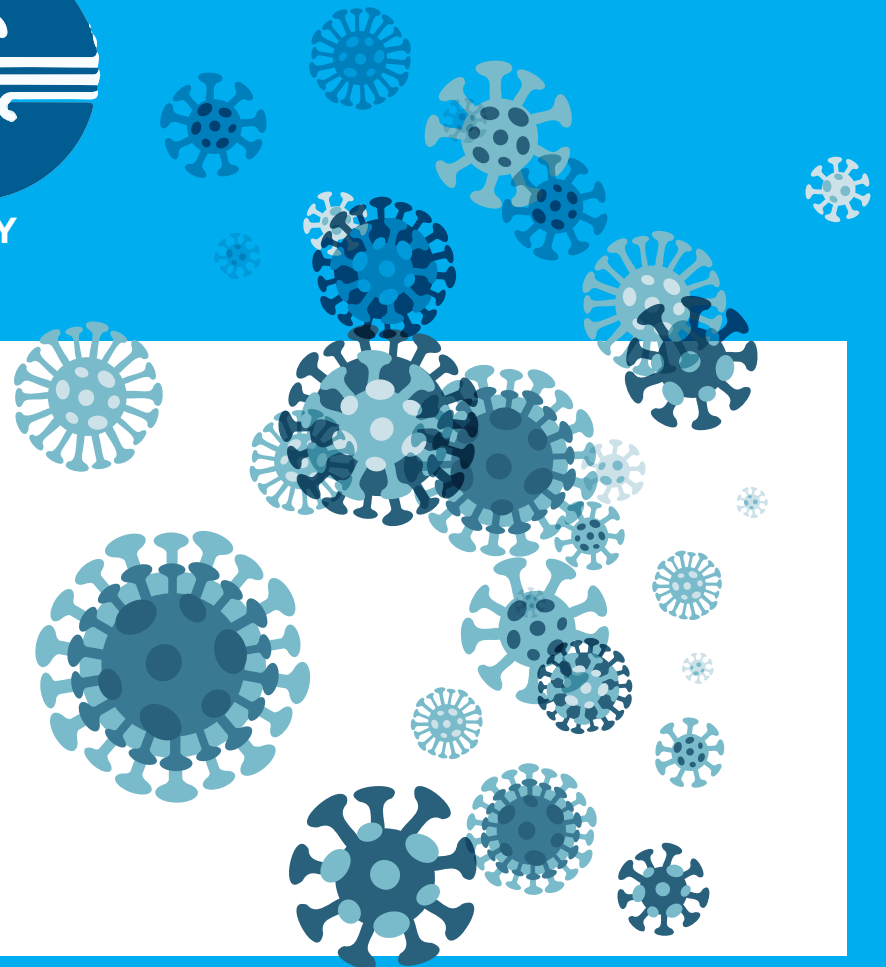
RINSE



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LOTS OF GERMS ARE EVERYWHERE

You come into contact with about 300 surfaces every 30 minutes, exposing you to 840,000 germs.



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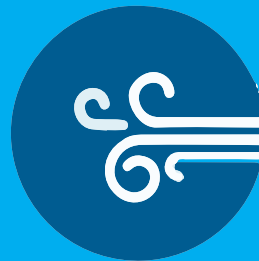
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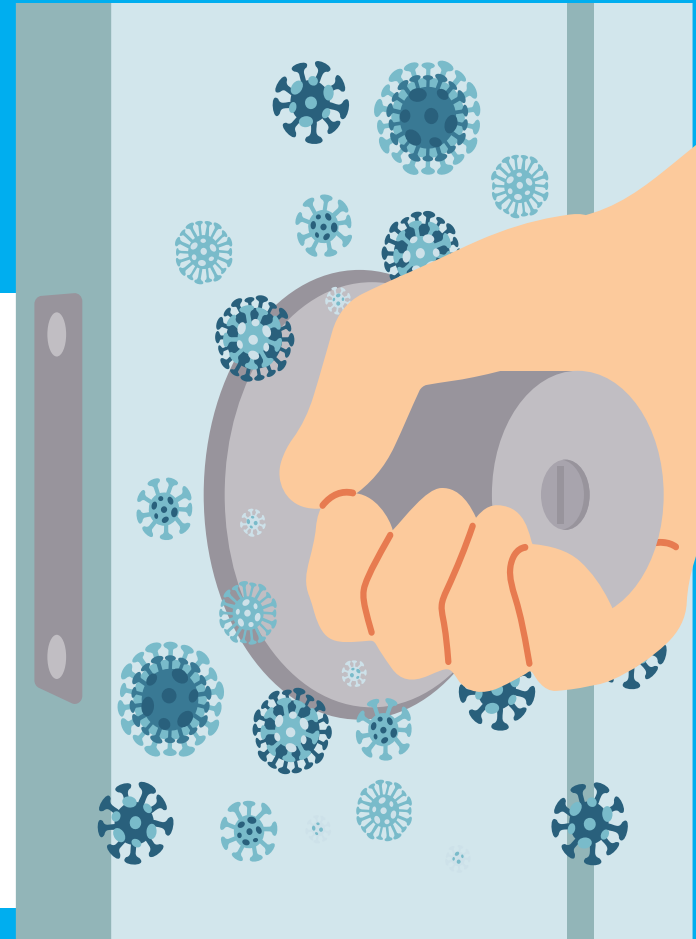
**COVID CAN LAST FOR UP TO
THREE DAYS ON PLASTICS.**

It can also live:

48 hours on stainless steel

24 hours on cardboard

4 hours on copper



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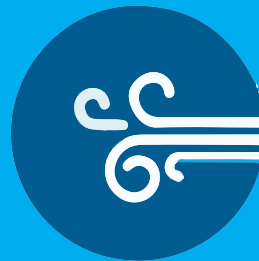
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**PROTECT YOUR FRIENDS —
WASH YOUR HANDS WHEN YOU GO HOME**

You have about 10 million germs on your hands — that's more than the population of New York city.

