

Super Easy Virus Hack!

Washing your hands



FAMILY SERVICE AGENCY

Since 1899



- 1** Wet your hands under warm water and apply enough soap to cover all hand surfaces.



- 2** Wash hands and forearms. Work lather over all parts of the hands.



- 3** Wash thumb, areas around the thumb and wrists, and between the fingers.



- 4** Wash hands for at least 30 seconds.



- 5** Rinse thoroughly. Remove all traces of lather.



- 6** Dry hands with disposable towel. Turn off the tap with the towel and then throw it away.