

The **CDC** recognizes hand-washing as one of the most important measures to prevent COVID-19 infection.

Wash your hands with soap for 40-60 seconds.



WET HANDS



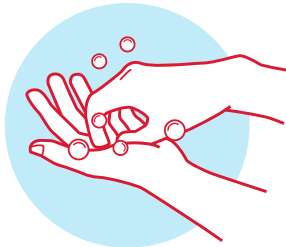
APPLY SOAP



PALMS



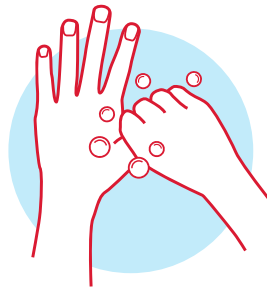
FINGERS



FINGERNAILS



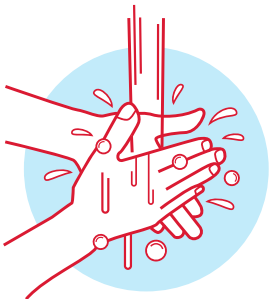
BACK OF HANDS



THUMBS



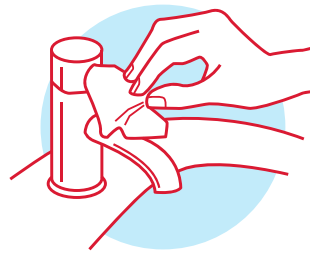
WRISTS



RINSE HANDS



DRY HANDS



TURN OFF WATER



CLEAN HANDS


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REDHAWK
RESILIENCE

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