

# Hand hygiene habits

Simple ways to help stop the spread of COVID-19.

## Hand-washing



**Scrub smart:** Wash with soap and water for at least 20 seconds. Don't forget wrists and spaces between fingers.

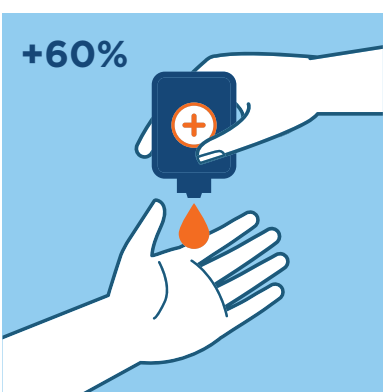


**Nail it:** Keep natural nails short and use a nail brush to scrub under nails.



**Lotion up:** Use fragrance-free and dye-free lotion to prevent skin damage and dryness.

## Hand sanitizer



**Check the label:** Choose hand sanitizer that contains at least 60% alcohol.



**Stay safe:** Do not use sanitizers containing methanol. Do not swallow any hand sanitizer.



**Take time:** Apply hand sanitizer to one palm. Cover the surfaces of both hands by rubbing them together until dry.