

# Handwashing 101

#StopTheSpread

Proper hygiene stops the spread of viruses.



01

Wet your hands before applying soap.



02

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



03

Wash your hands for at least 20 seconds.



04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.



Source: World Health Organization