# Reduce the Spread of COVID-19: Wash Your Hands

1. Wet hands with warm water
2. Apply soap
3. For at least 20 seconds, make sure to wash:
   - Palm and back of each hand
   - Between fingers
   - Under nails
   - Thumbs
4. Rinse well
5. Dry hands well with paper towel
6. Turn off tap using paper towel