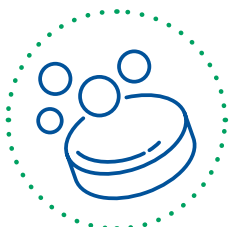


5 Steps to Wash Your Hands



1 Wet.

Wet your hands with clean, running water (warm or cold). Apply soap.



2 Lather.

Lather your hands by rubbing them together with the soap.



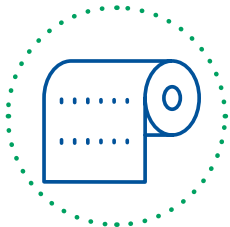
3 Scrub.

Scrub your hands for at least 20 seconds. Scrub:
Backs of hands | Palms | Between fingers | Under nails



4 Rinse.

Rinse your hands well under clean, running water.



5 Dry.

Protect your hand with a paper towel when you turn off the faucet.
Dry your hands using a clean towel, or air-dry them.

Are you concerned that you may have coronavirus?



Texas Health Resources Coronavirus Hotline, staffed by nurses, is available 24/7 to help answer your questions. Call 682-236-7601 anytime to speak with a nurse. Learn how to protect yourself.

Source: <https://www.healthwise.org/specialpages/covid-19-resources.aspx>