



STOP NOVEL CORONAVIRUS

COVID-19 (Coronavirus Disease 2019)

Practice good personal hygiene

10 STEPS TO CLEAN YOUR HANDS



1
Wet hands
with water



2
Use soap



3
Palm to palm



4
Fingers
interlaced



5
Back of hands



6
Base of thumb



7
Fingernails



8
Rotationally
rub wrists



9
Rinse hands
with water



10
Dry hands
with towel



Stay home if
you are sick



AVOID touching
your face with
your hands



WASH your hands
regularly with soap
and water