

#StopTheSpread

Proper
hygiene stops
the spread of
the virus.

Handwashing 101

Source:
World Health
Organization



Public Health
Prevent. Promote. Protect.
Somerset County
Health Department

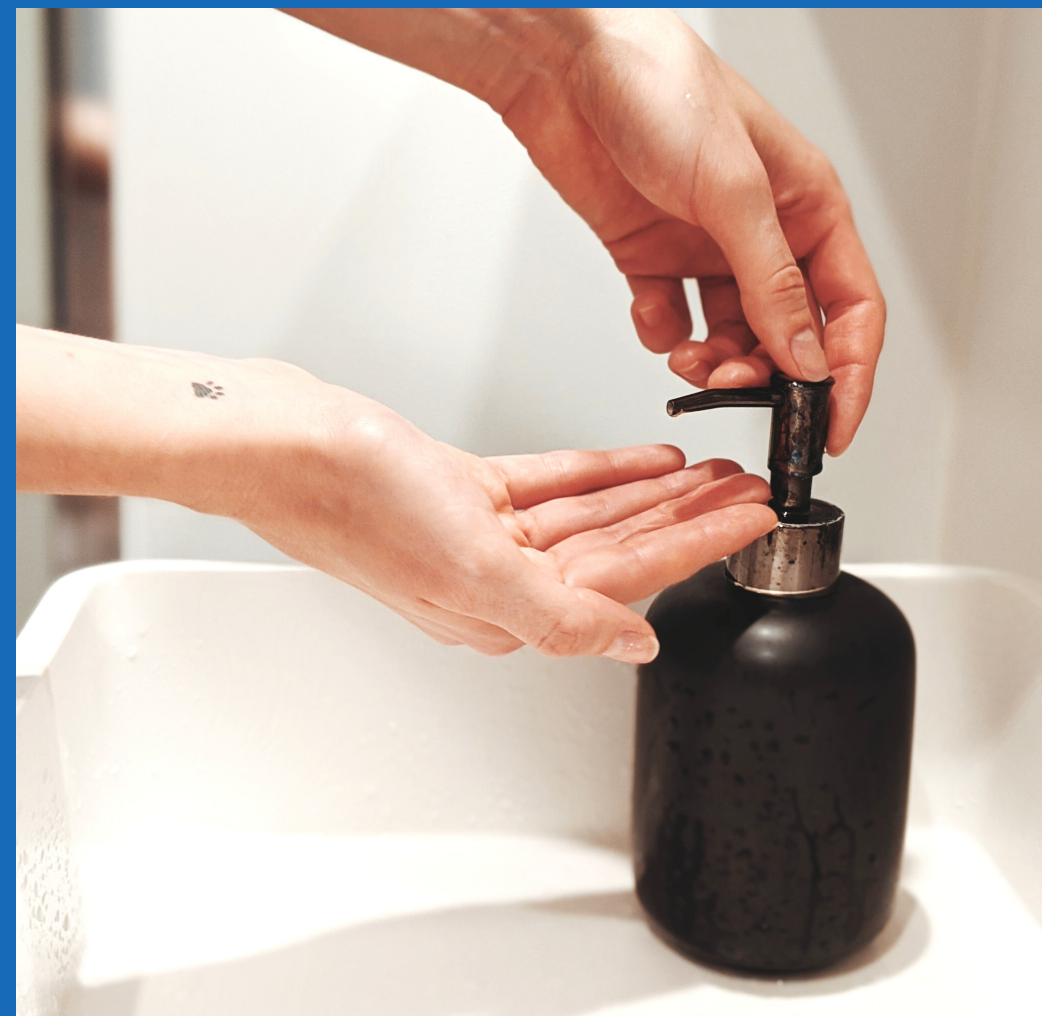
01

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.

