



PRACTICE PROPER HAND WASHING

*Together, we can help stop the spread of **COVID-19***



Wet your hands with clean, running water, and apply soap



Lather the backs of your hands, between your fingers, and under your nails



Scrub your hands for at least 20 seconds



Rinse your hands well under clean, running water



Dry your hands with a clean paper towel

Key times to wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



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Everyday ways you can help prevent COVID-19:

- Wash your hands often
- Wear a face mask when around others
- Cover coughs and sneezes with a tissue or inside of elbow
- Clean and disinfect frequently touched surfaces