The CDC recognizes hand-washing as one of the most important measures to prevent COVID-19 infection.

Wash your hands with soap for 40-60 seconds.

1. Wet hands
2. Apply soap
3. Palms
4. Fingers
5. Fingernails
6. Back of hands
7. Thumbs
8. Wrists
9. Rinse hands
10. Dry hands
11. Turn off water
12. Clean hands