

**STOP THE SPREAD OF COVID-19**

# The ABC's of Hand Washing

Warm running water



**A**



**B**

Apply soap and lather



**C**

Palm to palm



**D**

Palm to back of hand



**E**

Palm to palm—fingers interlaced



**F**

Thumb in palm



**G**

Fingertips in palm



**H**

Wrists



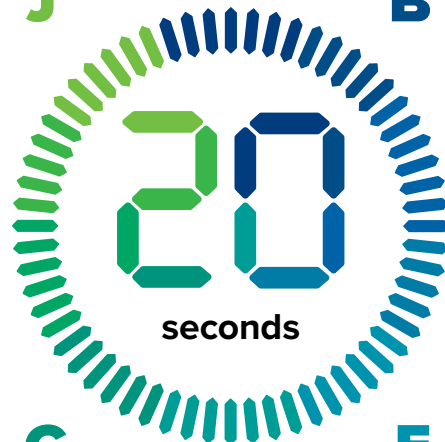
**I**

Rinse



**J**

Dry with paper towel



**20**

seconds