Washing your hands is one of the best ways to prevent the spread of COVID-19. Make sure you're doing it right to protect yourself and the community.

**Steps to Wash Hands**

**STEP 1**
Wet hands with water and get enough soap to cover hands

**STEP 2**
Rub hands palm to palm

**STEP 3**
Interlock fingers and scrub the top of your hands with your palms

**STEP 4**
Interlock fingers again and scrub with your palms facing each other

**STEP 5**
Interlock fingers facing palms and twist to scrub

**STEP 6**
Hold on to thumb to and twist to scrub

**STEP 7**
Scrub palms using finger tips in a circular and up and down motion

**STEP 8**
Rinse hands under hot water then use paper towel used to dry hands to turn off the sink

**Tips**
This process should take at least 20 seconds, sing Happy Birthday twice and you should be there

https://www.who.int/gpsc/clean_hands_protection/en/