**Handwashing 101**

Proper hygiene stops the spread of Covid-19.

**WET**
Wet your hands before applying

**LATHER**
Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.

**SCRUB**
Wash your hands for at least 20 seconds or as long as it takes you to say The Lord’s Prayer. Rinse your hands completely.

**DRY**
Wipe your hands with a clean paper towel. Use the same towel to turn off the faucet and to open the bathroom door.

**Source:** World Health Organization